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QUITE A RACQUET
TENNIS PRO WORKOUT CAN WHIP YOU INTO SHAPE {page 31}

NO KIDDING
MOTHERHOOD NOT IN PLANS FOR GAGA
NO GOO GOO {page 30}

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Tuesday, June 29, 2010
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Sports. World Cup

▶ Brazil's Juan, left, celebrates with teammate Lucio after Juan opened the scoring in yesterday's World Cup game against Chile. Brazil won 3-0.

ALESSANDRA TARANTINO/THE ASSOCIATED PRESS

Samba Kings dance into quarters

With an impressive mixture of symphony-like teamwork and standout individual plays, Brazil routed South American rival Chile 3-0 at Ellis Park Stadium in Johannesburg, South Africa, yesterday to advance to the quarter-finals. The five-time World Cup champions will face the Dutch, who defeated Slovakia 2-1 earlier yesterday. More coverage, page 42.

Mayor dials for damages

Miller calls on feds for compensation after protesters run riot during G20 summit ◗ Ottawa says it's not legally bound ◗ 900 summit arrests reported

Cleaning up Toronto after the Harper government chose the city to host a summit of world leaders comes with a price tag, and Ottawa should pay it, Mayor David Miller said yesterday.

Police vehicles were burned, bank windows smashed, and storefronts vandalized Saturday as a small band of militant G20 protesters ran riot in the downtown.

As the city resumed business as usual yesterday, Miller called on Ottawa to assume financial responsibility for the mess. The mayor did not have a cost estimate of the damage.

Some 700 people were arrested in the wake of Saturday's violence while the Integrated Security Unit said 900 G20-related arrests were made since Friday.

Foreign Affairs Minister Lawrence Cannon said before the summit that the federal government is not legally bound to pay compensation for "losses suffered as a result of international meetings."

"This is a federal responsibility. It's their conference."
MAYOR DAVID MILLER

Ottawa has said, however, it would consider providing compensation to those businesses "impacted by extraordinary security measures."

"If 400 or 500 police officers standing outside your front door is not an extraordinary measure, I don't know what is," said Fred Luk, owner of Fred's Not Here and the Red Tomato restaurants in the Entertainment District.

THE CANADIAN PRESS

Business

Could be a bitter pill to swallow

◗ Analysts say summit prescription may lead to slower growth ◗ One economist predicts G20 plan could trigger a depression {page 21}

Society shelter back in business

Plenty of cats and kittens ready for adoption {page 4}

Baby food packs adult wallop

Study finds many products high in sugar and salt {page 13}

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Oshawa Centre

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Cedarbrae Mall (kiosk)
Eglinton Square
Malvern Town Centre
Scarborough Town Centre

SUDBURY
Brady Square
New Sudbury Centre
Southridge Mall

THORNHILL
Promenade Mall

TORONTO
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209 Danforth Ave
700 Gordon Baker Rd (new)
85 Hanna Ave
2171 Queen St E
2323 Yonge St
Chinatown Centre
College Park
Dufferin Mall
East York Town Centre
Eaton Centre
Eaton Centre II
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Mayors against hosting summits

Mayors of Canada's big cities aren't exactly beating down the door to host the next international summit, after seeing the havoc in Toronto over the weekend.

Some mayors suggest events like the G8 and G20 summits should never again be held in the downtown core of a city.

Kitchener Mayor Carl Zehr, chairman of the big-city mayors caucus said world leaders need to rethink the venues for their annual gatherings, which have become magnets for roving bands of violent self-described anarchists.

"Regrettably, I would say that the violence and the property damage does dictate that we have to find an alternate way to minimize that," Zehr said in an interview yesterday.

Like what?

"Who knows. Let's say there's an island in the Pacific Ocean someplace where this could go on."

Zehr said the mayhem demonstrates how hard it is to prevent violent troublemakers from hijacking peaceful protests in the heart of an urban centre.

If world leaders met instead in a remote location, he said legitimate protesters would likely have to organize a series of demonstrations at various points around the globe, rather than funnelling them all into one city.

THE CANADIAN PRESS

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Kitchener Mayor Carl Zehr speaks at the press conference as Canadian mayors meet at Toronto's Sheraton Centre.

Business calls for feds to compensate

General manager of Fran's diner wants help with repairs and lost revenue due to G20 protests

Stan Jeong huddled with customers at the back of his restaurant when he learned that a mob of violent G20 protesters was headed his way leaving a trail of destruction through Toronto's downtown core.

Smash! Someone threw a bottle at the restaurant's front window.

"We didn't close it. We were famous for (being open) 24/7," said Jeong, general manager at the Fran's location at Yonge and College streets near where the violent protest ended.

"Even after that (bottle) incident we just kept open."

When Jeong emerged from his restaurant he saw vandalized Tim Hortons, Starbucks and Winners — all major chains, which anarchists target as enemies.

"Compared to last week's sales, we saw about a 40 per cent drop."
STAN JEONG,
FRAN'S GENERAL MANAGER

But Jeong said he couldn't understand why the small splinter group of thugs who broke away from a larger, peaceful anti-G20 demonstration would want to harm his restaurant, one of just two Fran's eateries in Toronto.

Jeong said he believes the federal government should pony up at least the estimated $1,000 in repair costs to his front window, and perhaps compensate for the loss of nearly half his usual business.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS

▶ Workers take down protective boarding downtown yesterday as city life returns to normal following the weekend's G20 demonstrations.

1 news

Welcome

Welcome to your new fresh-faced Metro!

We're delighted to debut our exciting new design — bright, open, contemporary — part newspaper, part magazine and all about the world we live in today.

What hasn't changed: Our commitment to being your city voice. You'll find all the news, entertainment, lifestyle and sports you count on reading in Metro, plus new columns, new features, new sections and new ways of telling compelling stories.

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UNIVERSITY OF TORONTO RAID

Questions remain

A University of Toronto student union wants two executives released and is defending its right to house G20 protesters.

But questions remain unanswered after the protesters, many of whom according to police had black clothing and "weapons of opportunity," were taken into custody from the union's building on the downtown campus Sunday morning.

When asked who the guests are, student spokesperson Anton Neschadim told the Toronto Star, "There was supposed to be a list of people staying here over those few days." That list, along with signed waivers, according to Neschadim, are either still in the building, which police have sealed off while they continue their investigation, or have already been taken by police.

TORSTAR NEWS SERVICE

Humane society tries for fresh start

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ Toronto Humane Society's Ian McConachie holds two month-old Bella yesterday during the shelter's re-opening.

◗ New board at helm ◗ More space, mandatory spaying at River shelter

More than two months after the Toronto Humane Society's River Street shelter was closed, the facility reopened yesterday under a new board of directors.

The shelter was closed April 12 after the settlement of an Ontario Society for the Prevention of Cruelty to Animals lawsuit. Former THS president Tim Trow and five senior managers were previously arrested on animal cruelty charges.

"Starting today, we leave behind the turbulent times of the past and move forward with the new and passionate Toronto Humane Society that will be transparent in how we do business," said president Michael Downey. He made a plea to animal lovers for financial support, citing a 55 per cent reduction in donations this year.

THS spokesman Ian McConachie said the society now houses fewer animals per room. A new policy calls for all animals to be spayed or neutered before they are taken home.

Another new initiative is the Hill's Science Diet Shelter Nutrition Partnership which provides free food the centre's animals. The centre has also added software displaying the adoption status of animals on its website.

TORSTAR NEWS SERVICE

Pet capacity

The centre can house as many as 150 cats, 45 dogs and 40 small animals.

1,000
PETS WERE HOUSED BEFORE THE THS WAS SHUT DOWN

235
PETS WILL BE HOUSED IN THE FUTURE

Quebecois were targeted: Group

A group of Quebec protesters say people from their province were targeted at last weekend's G20 summit and arrested for speaking French or having fleur-de-lys licence plates.

So says Montreal's Anti-Capitalist Convergence group, which said yesterday that only 125 of its 450 members who had taken buses to Toronto had returned. Many were held over the weekend and remained unaccounted for.

The anti-capitalist, anti-state, anti-authority group describes the controversial Black Bloc tactics, blamed for many of the incidents in Toronto, as a legitimate form of protest.

"They showed us a report by accident that said they arrested us because we had Quebec licence plates and a black T-shirt."
PROTESTER IDENTIFIED AS 'CAMILLE'

THE CANADIAN PRESS

Charges laid after concert tickets taken

Police say they have arrested a 31-year-old man from Hamilton in a stolen concert tickets case.

Tickets for concerts by artists such as Lady Gaga and Paul McCartney were allegedly taken during a vehicle break-in.

THE CANADIAN PRESS

5 1/2 years for hospital drug deals

A paralyzed man who admits he was dealing drugs from his Toronto hospital bed has been sentenced to 5½ years in jail.

Venkat Milligan, 22, pleaded guilty yesterday to drug trafficking and weapons charges.

TORSTAR NEWS SERVICE

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ Workers put meters back in place yesterday.

Cleanup starts after messy G20

After a messy weekend, the city showed signs of recovery yesterday as crews worked to bring the fence down and return street furniture to its place, while affected businesses struggled to cope with damages.

Bike racks and parking meters were being reinstalled around the security zone.

The goal is to immediately return street furniture, including bus shelters, racks and city-controlled garbage bins, said Kevin Sack, a spokesman for the City of Toronto.

Garbage bins will be in place by tomorrow, and bus shelters should be back by Friday, he said.

Sack said larger garbage and recycling bins, owned by Astral Media, began being reinstalled along University Avenue, Bloor Street West and into the security zone yesterday, and would all be in place in the next few weeks.

The furniture was removed amid concerns it could be used as potential weapons in G20 protests.

TORSTAR NEWS SERVICE

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CORONER'S INQUEST

Suicide spurs call for drug info system

When Sara Carlin killed herself in the basement of her family home in Oakville in 2007, she was 18 years old.

Yesterday, a coroner's inquest concluded that the cause of death was "hanging by ligature while affected by depression, cocaine and ethanol."

The five-member jury also issued 16 recommendations, which included the creation of a provincewide drug information system, a provincial and national suicide prevention program, and a national independent drug safety board, which would report to Parliament.

The Carlin family blames the drug Paxil for their daughter's suicide.

TORSTAR NEWS SERVICE

Outrage over law passed in secret

There was lots of second-guessing of police actions yesterday following violent G20 protests, but some of the debate focused on moves by the Ontario cabinet that critics said suspended civil liberties in Toronto and kept the new law secret.

Opposition parties and civil libertarians were outraged the Liberal cabinet gave police extra powers to question, search and detain people near the G20 fences, and then failed to inform the public until it was too late to mount a court challenge.

"The secret law was inappropriate (and) the use of mass arrests as a tool to eradicate or find 50 to 100 looters is not appropriate," said Nathalie Des Rosiers of the Canadian Civil Liberties Association.

"It's unconstitutional."

Ontario Premier Dalton McGuinty has so far refused to explain why his cabinet felt it had to pass the law in secret and keep it secret.

THE CANADIAN PRESS

▶ Premier Dalton McGuinty

The decision to update the 70-year-old Public Works Protection Act for the first time ever — extending rules that normally govern court houses to portions of downtown Toronto — was done because of a special request from police, McGuinty said last week.

THE CANADIAN PRESS

HST looming just around the corner

TONY BOCK/TORSTAR NEWS SERVICE

▶ Ontario motorists will be among the first to feel the HST pinch when they fill up at the pumps starting July 1.

▶ 13% single sales tax in Ontario
▶ Energy costs to be among affected

The harmonized sales tax about to take effect in British Columbia and Ontario is proof of Benjamin Franklin's assertion that "in this world, nothing can be said to be certain except death and taxes."

Funerals are just one of many services and goods previously exempted from provincial sales taxes that will be subjected to the HST starting Canada Day, as governments in both provinces switch the tax burden from corporations and on to consumers.

However, exactly what's going up in price and what's not depends entirely on which province you live in.

The single sales tax, which combines the five per cent goods and services tax with provincial retail sales taxes, will be 12 per cent in B.C. and 13 per cent in Ontario.

Energy costs will be the biggie for most Ontario consumers, with an immediate jump in the cost of electricity, natural gas and home heating oil because of the HST.

Ontario motorists will be among the first to feel the pinch when they fill up at the pumps. Gasoline and diesel fuel, which had been exempt from the province's eight per cent sales tax, will be subjected to the 13 per cent HST.

The tax on alcohol is actually decreasing, but the prices won't. The provincial taxes of 10 to 12 per cent will be lowered under the HST, but other fees and taxes will rise because of what the provinces say is their social responsibility to maintain minimum prices for liquor.

THE CANADIAN PRESS

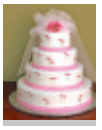
HST impact

Some things to keep in mind when the HST comes into effect on July 1:

- **Home purchases**
  The HST will not apply to purchases of resale homes in either province, but will apply to new homes costing over $400,000 in Ontario and those over $525,000 in B.C. New home buyers in Ontario will receive rebates of up to $24,000 to lessen the impact of the HST.
- **Internet**
  Internet fees will now be subject to the HST in Ontario.
- **Papers, food**
  Ontario has exempted newspapers and prepared meals and drinks costing under $4 from the HST.

Let them eat cake

If you're at a wedding after the HST kicks in July 1, don't complain if you get cake for dinner and dessert. You're saving the bride and groom some money.



When the HST takes effect in Ontario and B.C. this week, wedding cake will be exempt but not catered meals.

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Did police go too far during G20 summit?

Detainees say rights were violated during weekend protests Mayor says police did 'extraordinary job'

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Mayor David Miller

Toronto nursed its post-G20 migraine yesterday amid concerns police had smashed civil liberties like Black Bloc vandals taking pickaxes to a Starbucks window.

More than 1,000 people, including some who had been arrested on the weekend, expressed their displeasure late in the afternoon outside police headquarters. Dozens of officers kept watch but did not intervene.

Earlier in the day, police and politicians rushed to defend what appeared to be arbitrary searches, seizures, arrests and detentions amid a chorus of condemnation from rights activists.

"We were met this weekend with a number of people — certainly several hundred — who wished to use the opportunity available to them during a peaceful democratic protest to commit violent acts," Toronto Mayor David Miller said.

Officers showed "admirable professionalism" and did an "extraordinary job in almost impossible circumstances," Miller said.

Police activity picked up markedly starting Saturday evening after afternoon riots saw tiny groups of vandals smash some windows and set police cruisers alight.

More than 700 people were rounded up over the weekend. Some were rousted from their beds. Others were simply dragged from crowds.

THE CANADIAN PRESS

Movies On the scene

▶ Bronson Pelletier, part of Twilight's 'Wolf Pack'

JOHN R. KENNEDY/FOR METRO TORONTO

Wolf Pack howling

Bronson Pelletier, 23, visited the Elgin and Winter Garden Theatre last night for the Canadian premiere of The Twilight Saga: Eclipse. The Canadian actor plays Jared in the movie, opening tomorrow.

Group to condemn 'illegal' police acts

Nathalie Des Rosiers, general council for the Canadian Civil Liberties Association, plans to issue a report today condemning some of the police tactics over the weekend.

"We have police brutality, illegal searches, arbitrary detentions, people being asked all sorts of questions and being harassed," she said. "It's unconstitutional, it's illegal and it should not happen."

Des Rosiers did say police acted professionally in many instances, but their orders clearly changed after Saturday's rampage.

THE CANADIAN PRESS

900

The number of G20-related arrests the Integrated Security Unit said have been made since June 18. The ISU also said 14 people had been injured.

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Travel Oct 11 - Oct 19/ts + taxes & fees $404

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Travel Jul 15 - Jul 22/ts + taxes & fees $239

Cancun $249
Travel Jul 4 - Jul 11/ts + taxes & fees $283

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Travel Sep 20 - Sep 28/ts + taxes & fees $337

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Travel Sep 8 - Sep 15/co + taxes & fees $111

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Travel Sep 14 - Sep 28/ua + taxes & fees $335

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Imperial Palace + taxes & fees $247
Departs Aug 8/swg/wg. UPGRADE to 5-star MGM Grand for $23 per night.

Miami 3 Nights + Tour $249‡
Deauville Beach Resort taxes & fees included
INCLUDES everglades airboat tour. BONUS kids 16 and under stay free and kids 5 and under eat free. Travel daily Jul - Sep/ggv.

Boston 3 Nights 4-Star $269‡
Boston Westin Waterfront taxes & fees included
Travel daily Jul 15 - Aug 31/ggv.

New York City Air + 3 Nights $529
Holiday Inn Manhattan 6th Ave + taxes & fees $126
INCLUDES Manhattan accom. Departs Aug 9/ggv/pd.

San Francisco Air + 3 Nights $559
Renoir Hotel + taxes & fees $135
Departs Aug 9/ggv/dl. ADD full day Wine Country tour for $70.

Hawai'i Family Special
Air + 7 Nights $989◊
Ohana Waikiki West + taxes & fees $139
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Jamaica 7 Nights 3.5-Star $467
Royal Decameron Montego Beach + taxes & fees $280
Departs Jul 8/nol/ts. ADD one child age 2-12 years for $99 each plus taxes.

Mayan Riviera 7 Nights 4-Star $497
Ocean Maya + taxes & fees $283
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Vienna & Budapest
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City hotel Matyas & Austria Trend Favorita + taxes & fees $327
INCLUDES roundtrip air to Vienna, airport transfer to train station, roundtrip train to Budapest, 3 nights Budapest, accom, 4 nights Vienna accom and breakfast daily. Travel Aug 2 - 10/vat/ts.

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Patients rush to therapy

Unproven MS treatment opens up blocked veins to restore function Testimonials popping up online

Scores of people with multiple sclerosis have in the last half-year or so undergone a procedure many hope will cure or at least improve their disease symptoms. And with each passing week, more are travelling abroad to have the untested therapy, which most cannot get in North America.

But instead of results of their treatments showing up in the pages of scientific journals, they are appearing in YouTube videos and website testimonials. It's as if there were a large, informal experiment underway. But it's one that isn't likely to persuade scientific skeptics that the therapy is useful in treating MS.

The liberation treatment, as it is called, is based on an unproven theory that blocked neck and spinal cord veins are to blame for MS and that opening up those blockages gives MS patients back some of the ability to function that the disease has stolen.

THE CANADIAN PRESS

MS controversy

MS patients are going in droves for the unproven therapy.

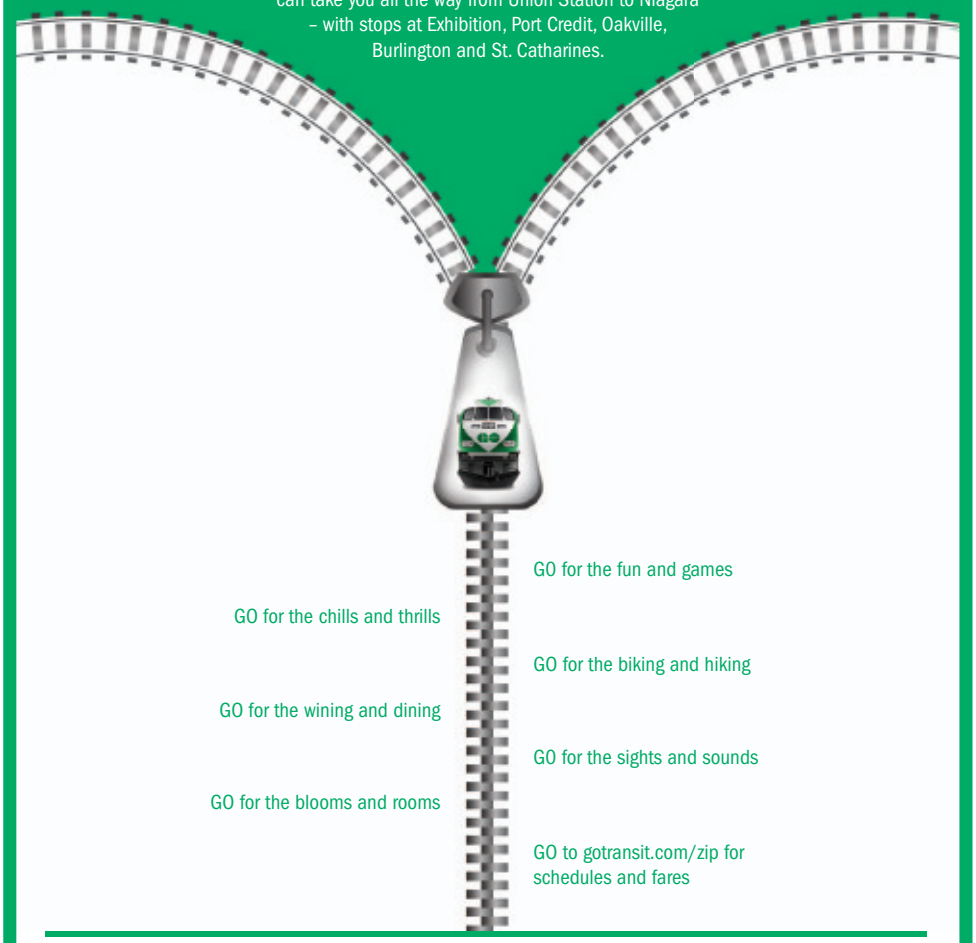
Valid proof?
Brian Light, a Toronto man with MS, argued during the Multiple Sclerosis Society of Canada's recent board meeting that scientists should accept the stories told by returning patients as proof of the merits of the treatment.

NATHAN DENETTE/THE CANADIAN PRESS

▶ Dr. Paolo Zamboni speaks about his theory that blocked veins are to blame for MS at the Neurologist Seminar in Toronto in April.

Zip down to Niagara this weekend

Friday evenings, weekends and holidays until September 26, the GO Train can take you all the way from Union Station to Niagara – with stops at Exhibition, Port Credit, Oakville, Burlington and St. Catharines.



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Knotting arteries saves life

A man with no medical training managed to save a woman's life when both her legs were severed by a train — by tying the protruding arteries of her legs into knots.

The woman was hoping to spend Sunday night under the stars with her boyfriend as they jumped onto a slow-moving freight train near Jonquiere, northeast of Quebec City.

According to authorities, the 20-year-old lost her footing and fell under the wheels.

Local jeweller Roger Saulnier was walking his dog when he heard someone shouting for help.

"I tried to plug the arteries, but they wouldn't plug," he said. "So I made knots in the arteries."

THE CANADIAN PRESS

Alleged spies posed as Canadians: U.S.

The U.S. government says four alleged Russian spies posed as Canadians to cover their tracks on deep-cover assignments for Moscow.

The Justice Department in Washington said yesterday that three of them were among 10 who have been arrested as purported agents of Russia's intelligence service.

Court papers filed in the case by the Federal Bureau of Investigation say Donald Howard Heathfield, Tracey Lee Ann Foley, Patricia Mills and Christopher R. Metsos all claimed to be Canadian.

Metsos remains at large.

Investigators allege Heathfield assumed the identity of a dead Ontario man as part of his spy legend, possibly using his actual birth certificate.

5 Maximum years in prison each of the 10 charged with conspiracy to act as an agent of a foreign government faces if convicted.

THE CANADIAN PRESS

Man hurt in Belleville shooting

One person is in custody after an overnight shooting in Belleville left a man with life-threatening injuries.

Police were called to Belleville General hospital around 3 a.m. in response to a report of a male with a gunshot wound.

THE CANADIAN PRESS

Lightning blamed for blaze

A lightning strike is being listed as the cause of an industrial fire in Windsor, Ont. Damage is pegged at $100,000 following the fire at Blue Pointe Plastics.

An official says it seems a pile of plastics was hit by lightning.

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CANADIAN TOURISTS

Auschwitz souvenirs recovered

Polish officials say they detained two Canadian men after visitors to the former Auschwitz-Birkenau death camp reported seeing them pick up loose nails from a railway track at the memorial.

Prosecutor Mariusz Slomka said the 30-year-old suspects, both teachers, were released after being questioned Saturday and telling authorities they had wanted souvenirs. The nails were recovered from their backpacks, and the men were allowed to leave Poland.

Local police Chief Robert Chowaniec said yesterday they could face up to 10 years in prison if the nails prove to be historic artifacts. A Foreign Affairs spokesperson said Ottawa is seeking more details about the reported incident.

THE ASSOCIATED PRESS

Labour pioneer dies at 81

Labour activist Shirley Carr, who became the first woman to lead Canada's largest labour organization, has died.

A posting from the National Union of General and Public Employees says Carr died in Niagara Falls, Ont., last Thursday at age 81.

THE CANADIAN PRESS

Body found after jump stunt

Police divers have found the body of an Ottawa man who died in a rock-jumping incident at Bon Echo Provincial Park near Cloyne, Ont.

The body of 26-year old Chris Curry was located yesterday morning. He was jumping off a ledge and hit rocks above water.

THE CANADIAN PRESS

Gaza Strip assailants trash summer camp

ADEL HANA/THE ASSOCIATED PRESS

▶ Palestinian UN employees inspect damage yesterday.

Extremists accuse UN of youth corruption ◐ Second recent attack

"Time is against us. We are losing an entire generation"
JOHN GING, LOCAL UN CHIEF

Masked men trashed a UN summer camp yesterday, tying up guards and slashing tents and an inflatable pool in the second such attack in just over a month — a sign of how, in Gaza, youth camp is not just about crafts and volleyball.

Rival day camps by the United Nations and Gaza's Islamic militant Hamas rulers compete for the hearts of the next generation, the roughly 700,000 children under 15 who make up nearly half of the Gaza Strip's population.

Hamas camps teach an anti-Israeli doctrine and military-style marching, along with horseback riding, swimming and Islam.

UN camps try to instil hope in a better future, a message wrapped in fun and games.

The UN says it hopes to help shield Gaza's children against the lure of militancy, a task that's getting harder in the impoverished territory.

Educators say today's children are more vulnerable than the previous generation, having witnessed war with Israel last year, internal Palestinian fighting and the violent Hamas takeover in 2007.

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To Paul Tracy, your autograph is worth a lot.

Come to Dundas Square between July 13–14 for the chance to make a donation and sign the suit Paul Tracy will wear in the 2010 Honda Indy® Toronto. All proceeds go to Make-A-Wish® Canada to help make children's dreams come true.

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The Honda Indy® Toronto. It all happens July 16–18.

For tickets visit hondaindytoronto.com

Food aimed at babies can pack a sugary wallop

University of Calgary prof finds many products high in sugar, salt Parents warned to avoid 'halo effect'

A study suggests pint-sized convenience foods aimed at babies and toddlers pack a grown-up wallop of sugar and salt and normalize an unhealthy diet from an extremely early age.

Professor Charlene Elliott of the University of Calgary plucked products intended for the very young off supermarket shelves, such as cereal bars, child-portioned microwave dinners, fruit jelly snacks, and dessert purees for babies, and examined their nutritional makeup. The study excluded pure fruit and vegetable purees, as well as baby formula.

Of 186 different products, 63 per cent were found to have high levels of sodium or too many calories from sugar. More than half derived over 20 per cent of their calories from sugar.

63
The percentage of 186 different products that were found to have high levels of sodium or too many calories from sugar.

"The fact that you can have things like 'premium organic first cookie for toddlers' marketed suggests that it's perfectly acceptable to be feeding your toddler a cookie or following up your baby's dinner of strained peas with baby food dessert," said Elliott.

Elliott said such products are likely to exploit parents who are pressed for time. Such foods often enjoy a "halo effect," she suggested. Parents assume the products must be healthy since they're made for children. But her research showed the snacks packed the same unhealthy punch as convenience food meant for adults — and were sometimes even worse.

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U.S. court upholds right to arms

Ruling prevents outright bans on gun ownership Leaders may still devise solutions to social problems

The top U.S. court, in a blow to gun control advocates, ruled yesterday that Americans throughout the United States have the right to own a gun.

The ruling by a narrowly divided Supreme Court said states and cities cannot bar Americans from owning firearms.

It builds on a case decided two years ago in which the court found the city of Washington's ban on handguns violated the U.S. Constitution's guarantee of the right to "bear arms."

The case was brought by gun rights proponents who challenged gun control laws in Chicago.

THE ASSOCIATED PRESS

Nationwide

U.S. Supreme Court sides with gun advocates, extends gun rights nationwide:

- **Expanded** The earlier ruling applied only to Washington, a federal district with a unique legal standing. Yesterday's ruling effectively expands that decision to prevent states and other cities from imposing similar rules.
- **Divided** The court was divided along ideological lines, with five conservative and moderate justices in favour of gun rights and the four liberals opposed.

India Protest

▶ A Kashmiri Muslim protester beats an Indian police officer at a protest on the outskirts of Srinagar, India.

DAR YASIN/THE ASSOCIATED PRESS

Funeral turns violent

One person was killed yesterday as paramilitary forces fired shots to disperse thousands in a funeral procession that defied a curfew in Indian Kashmir.

Vatican dresses down top cardinal

The Vatican yesterday issued an unprecedented rebuke of a top cardinal who had accused the retired Vatican No. 2 of blocking clerical sex abuse investigations, publicly scolding a man who had been praised for his criticism of abuse coverups.

The silencing of Cardinal Christoph Schoenborn, the archbishop of Vienna, drew criticism from clerical abuse victims.

THE ASSOCIATED PRESS

Rebuke

Cardinal Christoph Schoenborn was rebuked by the Vatican.

- **Accusation** Schoenborn had accused the former Vatican secretary of state, Cardinal Angelo Sodano, of blocking a church investigation into the late Austrian Cardinal Hans Hermann Groer, who was accused by victims in 1995 of abusing boys at a seminary.

Manitobans head home after fire

535 The number of square kilometres the forest fire in northwestern Manitoba covers.

Some residents of northwestern Manitoba are returning to their homes as crews battle a massive forest fire that covers about 535 square kilometres.

Officials say cooler, more humid weather is helping crews fight the blaze near Cranberry Portage.

"The smoke conditions are improving and that's one of the main reasons they were allowed to go back into these areas," Duane Feeley of Manitoba Conservation said yesterday.

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DOMINIC LIPINSKI/THE ASSOCIATED PRESS

▶ Demonstrators hurl oil and feathers during a protest against BP in London, England.

BP takes a $2.6-billion hit

◗ Company reveals expenses are climbing by $100 million per day ◗ Beleaguered CEO not resigning

Oil giant British Petroleum admitted yesterday the disastrous Gulf of Mexico oil spill has cost it $2.65 billion — at least.

The company's expenses are climbing by $100 million per day, it was revealed.

But three high-powered BP aides denied reports out of Russia that CEO Tony Hayward is resigning.

Carolyn Copland in London said the report "is definitely not correct."

Sheila Williams, also in London, said: "Tony Hayward remains chief executive."

"They are mistaken," U.S.-based Mark Proegler said of the Russian reports.

BP said it had received more than 80,000 claims for compensation after the oil spill and made almost 41,000 payments, totalling more than $128 million.

BP's deep-water drilling platform blew up April 20, killing 11 workers.

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ANDREW VAUGHAN/THE CANADIAN PRESS

▶ The Queen and Prince Philip are greeted by Defence Minister Peter MacKay as they arrive in a rainy Halifax yesterday.

Queen kicks off Canadian tour in Halifax

◐ Royal 'delighted' to be back in Canada ◐ Survey shows national support for monarchy may be waning

The Queen recalled her six decades as Canada's reigning monarch as she arrived yesterday at the start of a nine-day tour, speaking of her pride in the country's accomplishments and the warmth she felt at her welcome to a place she considers home.

The official welcoming ceremony at Halifax's Garrison Grounds was spared some of the downpour that soaked the city for most of the day as Prime Minister Stephen Harper and Gov. Gen. Michaëlle Jean greeted the Queen at the start of her 22nd official visit to Canada. The 84-year-old Queen recalled the words of the Queen Mother as she reflected on what it means to return to Canada again.

150th

Running of the annual Queen's Plate on Sunday at Woodbine Racetrack. A well-known horse racing enthusiast, Queen Elizabeth will be in attendance.

"My mother once said that this country felt like home, away from home, for the Queen of Canada. Prime minister, I am delighted to report that it still does and I am delighted to be back amongst you all," she said in her first of four speeches during her tour of five Canadian cities.

As the Queen and the Duke of Edinburgh began their tour, a new poll released yesterday suggests Canadians' interest in the royals may be waning.

The Canadian Press Harris-Decima survey of just over 1,000 Canadians found that 45 per cent of respondents didn't know they were coming, while almost half — 48 per cent — agreed when asked if they consider the monarchy "a relic of our colonial past that has no place in Canada today." As well, 44 per cent said they would support a referendum on whether Canada should keep the monarchy.

THE CANADIAN PRESS

Confirmation hearings begin for Obama's pick

U.S. President Barack Obama's Supreme Court nominee began a week of intense examination yesterday by a Senate panel that will scrutinize her qualifications for a life term on the country's highest legal authority.

In a highly charged partisan atmosphere, Republicans focused on Elena Kagan's lack of judicial experience and her liberal political background, but she was expected to win approval from the Democrat-dominated panel and confirmation by the full Senate.

Senate Judiciary Committee chairman Sen. Patrick Leahy, a Vermont Democrat, noted that Kagan, if confirmed, would be just the fourth woman to take a seat on the high court. She also would be Obama's second selection to don the robes of a justice.

PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

▶ Elena Kagan

The first was Justice Sonia Sotomayor, who was seated on the court last year.

Kagan's opening statement touched on her parents' growing up in immigrant communities. She also expressed a debt of gratitude to Justices Sandra Day O'Connor and Ruth Bader Ginsburg for living "pioneering lives."

THE ASSOCIATED PRESS

Scales of justice

The U.S. Senate Judiciary Committee will determine Elena Kagan's potential ascension to the Supreme Court

1. Kagan would become the youngest member and only the fourth woman to sit on the Court.
2. Kagan now serves Obama as solicitor general, the country's top lawyer who represents the government in cases before the Supreme Court.
3. While a liberal by background, Kagan's ascension to the court was unlikely to change its liberal-conservative balance.

Father, daughter die in crash

A father and his daughter were killed after their motorcycle slammed into a car that stopped to let a duck cross the highway.

Quebec provincial police said yesterday they are still investigating the crash that also sent the man's wife to hospital.

Sgt. Richard Gagne said the woman's injuries are serious. He said charges could be laid in the case but he was not specific, saying only that it's illegal to stop on the highway in Quebec. The driver of the car was not injured.

"The woman driver of the car stopped because they have a duck walking on the road," Gagne said.

THE CANADIAN PRESS

Space race is for all: Obama

Saying the United States is no longer "racing against an adversary," U.S. President Barack Obama urged yesterday greater international cooperation in exploring space.

Obama said in a statement that the United States seeks peaceful collaboration with other countries that will ward off conflict and make it easier to expand exploration.

The United States must do more to deal with debris and other hazards in space, he said, and he wants a "burgeoning commercial space industry."

THE ASSOCIATED PRESS

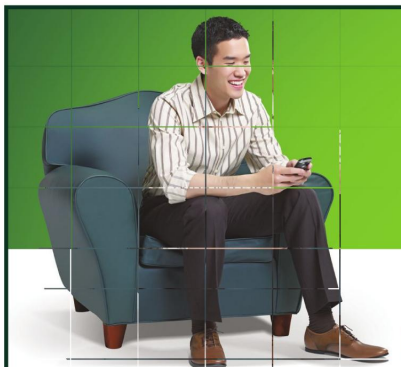
Leader pledges reforms

The longtime leader of Equatorial Guinea pledged yesterday to make sweeping reforms in transparency and human rights in the country he has ruled for three decades.

But an international rights group called it empty posturing from a corrupt leader intent on attracting investors. Teodoro Obiang Nguema told a meeting of business leaders in South Africa that his plan will dramatically change conditions in the West African country.

Critics say he's drained his nation's oil wealth to fabulously enrich family and cronies while his people suffer in slums.

THE ASSOCIATED PRESS



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Former strongman Noriega takes the stand in French trial

One-time Panamanian dictator facing charges of hiding cocaine profits in French banks Conviction could lead to 10 years in prison

As Manuel Noriega went on trial in France for money laundering, the former Panamanian dictator was not allowed to wear his trademark military fatigues and appeared confused about the most basic of biographical information: His age.

Noriega took the stand only briefly yesterday to give his name and age, but the 76-year-old appeared feeble, his shoulders trembling uncontrollably as he addressed the three-judge panel.

Noriega's lawyers, meanwhile, complained about dirty, dilapidated conditions in the prison where he is being held.

THE ASSOCIATED PRESS FILE PHOTO

▶ Manuel Noriega in 1989.

The former military strongman, who spent 20 years in U.S. custody for drug trafficking after being deposed in the 1989 invasion of his country, could return to prison for 10 years if he is convicted as charged in France.

Noriega, who listened impassively to the proceedings through a translator, had his hair slicked back and wore a dark suit and red tie. He is not permitted to wear his military uniform in France since he is not being treated as a prisoner of war here — an issue hotly contested by his lawyers.

Noriega's three daughters were there to support him, and they huddled around the defendant's box — a wooden perimeter topped with a roof of metal fencing — during a break in the proceedings.

Asked how Noriega was dealing with the latest legal battle, one of his daughters, Sandra Noriega, suggested her father was resigned.

"He's going through all this because he has no choice," she told The Associated Press.

"Really, he's looking forward to expressing his point of view and giving his version" of things today.

His shoulders trembled as he stood. Asked to state his birth date, Noriega initially said Feb. 11, 1936, then immediately corrected himself, saying he was born in 1934. He spoke through a translator.

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"If I ran this country, I would..." Now you can. Micronations, tiny communities that claim independence, have irked governments for years. But nobody can make them go away. On the opposite, there may soon be a global boom in micronations.

TEXT **ELISABETH BRAW**

Unhappy with the government? Form your own country

Prince Michael's fiefdom isn't exactly grandiose: It's two towers sticking out of the water, housing some 20 citizens. But Sealand has its own currency, stamps and passports.

"No country has officially recognized Sealand," explains Prince Michael. "But remember that a country can exist without formal recognition by other countries. For many years the United States didn't recognize China."

Prince Michael succeeded his father, Prince Roy, as monarch of Sealand in 1999.

Prince Roy founded the tiny principality four decades ago.

The British government had banned Roy Rates, then a pirate radio operator, from broadcasting from an abandoned military base off the English coast. Angered, Bates declared independence Sept. 2, 1967.

Since then, Sealand has been Great Britain's unwanted neighbour.

Sealand, officially known as Roughs Tower, "cannot constitute a separate independent state since it has none of the characteristics of a state, such as a territory or the ability to conduct international relations," a spokesperson for the British Foreign Ministry tells Metro.

While micronations are a legal oddity, they're also the newest trend in international politics.

THE SEASTEADING INSTITUTE/WENDY SITLER-RODDIER

▶ An artist's rendition of what one of The Seasteading Institute's micronations might look like.

In the Baltic, the Baltic Seasteading group aims to form several modern Sealands.

"On land we can't live the way we want, so we want to form our own countries," explains Baltic Seasteading co-ordinator Lasse Birk Olesen.

"Ideally, we'd like to be totally independent, but for the time being we'll stay closer to the shore and have some relations with the government."

The Baltic country-builders initially plan to settle in international waters between Helsinki and Tallinn.

The Seasteading Institute in San Francisco has even grander plans. "We'll build many independent ocean settlements around the world," explains executive director Patri Friedman. "Each settlement will have different cultures and rules."

People regularly apply for asylum in Sealand.

The country has more than 20,000 fans on Facebook, too. "And in the past, people forged our passports, so after 9/11 we had to stop issuing passports," says Prince Michael.

"We just don't have the resources to chase forgerers around the world.

"Running a country is expensive."

To raise funds, Sealand sells titles. For about $50, anyone can become a lord, lady, baron or baroness of the Principality of Sealand.

Sealand

Sealand is located 10 kilometres off the coast of England.

Micronations

- **Principality of Seborga (in Northwest Italy):** An old feudal state reclaimed as a micronation in 1963 by a local businessman, who pronounced himself Prince Giorgio I.
- **Hutt River (in Western Australia):** Formed by a cattle farmer angry with the government in 1970. Head of state: Prince Leonard I
- **Republic of Saugeais (in Eastern France):** Formed as a joke in 1947. Head of state: President Georgette Bertin-Pourchet

60 seconds

▶ Thomas Frey

COMPETING FOR CITIZENS

Futurist Thomas Frey of the Da Vinci Institute on the predicted boom in micronations.

Why will there be a boom?
There's a growing dissatisfaction with government, especially regarding the economy. Wealthy people are looking for ways to preserve their (resources). The world has these old systems, but we don't have anywhere to try out new things. Micronations could become experiments for new systems, and the rest of the world could learn from them.

What will the world look like?
Fifty to 100 years from now, we'll have more countries. To get legal status, micronations have to be recognized by the surrounding countries. It's a long process.

ELISABETH BRAW

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SERGEY PONOMAREV/THE ASSOCIATED PRESS

▶ Anvara Khadzhiyeva, 62, reacts after spotting her grandson Murmohammed, 14, in the yard of the school building where Uzbek refugees have sought refuge.

Kyrgyzstan can taste democracy

Referendum on new constitution curbs presidential powers Fractious coalition showing first cracks

Kyrgyzstan's fragile leadership has survived the aftermath of revolution, a wave of ethnic clashes and a refugee crisis.

Now it has held a successful referendum on a new constitution that waters down presidential powers in favour of a European-style parliamentary system. That is raising tentative hopes that the resilience of President Roza Otunbayeva's interim government puts Kyrgyzstan in a good position to evolve into Central Asia's first true democracy.

But there are danger signs ahead. The strategically positioned nation is in the hands of a fractious coalition of volatile personalities who look set to pitch battle against one another in parliamentary elections in October.

With Otunbayeva calling for prospective candidates in her provisional cabinet to resign, the government may be showing cracks that could rapidly lead to collapse.

THE ASSOCIATED PRESS

WAUPISOO PIPELINE

$400M expansion planned

Enbridge Inc. will spend $400 million to expand its Waupisoo Pipeline in Alberta after securing new contracts for the shipping of oilsands crude.

The Calgary-based pipeline company said yesterday it has received shipper commitments that add up to 229,000 barrels per day of capacity on the pipeline, which carries oilsands crude to terminals near Edmonton.

The expansion is expected to begin contributing to Enbridge's earnings per share by 2013.

It will add about 65,000 barrels per day of capacity in the second half of 2012 and about 190,000 barrels per day when it reaches full service capacity in the second half of 2013.

THE CANADIAN PRESS

G20 medicine may be too depressing

THE CANADIAN PRESS/SEAN KILPATRICK

▶ Prime Minister Stephen Harper joins G20 leaders for the official family photo at the G20 summit. G20 leaders believe spending cuts to at least halve deficits in the developed world by 2013 are essential to avert a second meltdown.

◐ Many analysts see growth slowing ◐ Expert predicts depression

Could the G20 have got it backwards about what it will take to bring the global economy permanently out of recession?

The morning after leaders of the big economies called for bitter medicine to cure the world's ills, many analysts said the prescription will lead to slower growth and at least one prominent economist said it could trigger a depression.

The alarming analysis came from Nobel laureate Paul Krugman, who argued in the New York Times that by turning on a dime from stimulus to restraint, governments are threatening to turn a recession into a full-fledged depression. "We are now, I fear, in the early stages of a third depression," Krugman writes. "And this third depression will be primarily a failure of policy. Around the world ... governments are obsessing about inflation when the real threat is deflation."

Even some economists who agreed with the G20 consensus, such as Craig Alexander of TD Bank and Brian Bethune of IHS Global Insight, wondered if countries such as Germany are taking austerity too much to heart.

Of course, the G20 leaders don't see it that way.

Spooked by Europe's debt crisis, leaders in Toronto, with the possible exception of Japan and the U.S., believe spending cuts to at least halve deficits in the developed world by 2013 are essential to avert, not cause, a second financial meltdown.

THE CANADIAN PRESS

"We are now, I fear, in the early stages of a third depression. And this third depression will be primarily a failure of policy."

NOBEL LAUREATE PAUL KRUGMAN

SNC-Lavalin lands ore deal

15 Number of years Montreal-based SNC-Lavalin has worked with Vale on projects in Brazil and around the world.

Mining giant Vale has awarded an SNC-Lavalin consortium an engineering services contract for its multibillion-dollar iron ore processing project in Brazil. The SNC-Lavalin and WorleyParsons consortium will implement Vale's S11D project on a "cost reimbursable" basis. No value for the contract was disclosed.

The project is a 90-million-tonne per year iron ore processing facility nearly 2,000 kilometres north of Sao Paulo in one of the world's richest ore bodies.

SNC-Lavalin has been present in Brazil since the early 1970s and has more than 2,000 employees working in South America's largest country.

THE CANADIAN PRESS

Market moment

SOURCES: S&P, BLOOMBERG

TSX	Dollar
▼ – 100.85 (11,607.00)	▲ + 0.01¢ (96.54¢ US)
Oil	**Natural gas**
▼ – 61¢ US ($78.25 US)	1,000 cu ft $4.717 (– 14.4¢)
	Gold contracts $1,238.20 (– $17.60)

Icahn says $7 a share best offer

Billionaire activist investor Carl Icahn says he will not extend his offer for Lions Gate Entertainment Corp., worth $7 per share, which expires at the end of the month.

He currently owns about 32 per cent of Lions Gate and wants to gain a stronger hold on the company and replace its board of directors.

THE CANADIAN PRESS

JUSTIN SULLIVAN/GETTY IMAGES

▶ Toyota's plant in Britain is the only one to build the hybrid Auris car.

Toyota builds hybrids in U.K.

Toyota has begun production of its hybrid Auris car at a plant in Britain.

The first vehicle rolled off the assembly line yesterday morning at Toyota's plant in Burnaston in central England.

The car's so-called hybrid synergy drive combines a gas engine with an electric motor.

Britain's business minister, Vince Cable says Burnaston is the only plant in the world to build the new electric Leaf car in Sunderland, northeast England, along with the lithium-ion batteries that power it. The gas engines are being built in Wales.

THE ASSOCIATED PRESS

Rival hybrids

Toyota is not the only manufacturer looking to lure Britons with electric vehicles.

▶ **Nissan** plans to produce its

▶ **General Motors** is considering Ellesmere Port, near Liverpool, for its Ampera electric car.

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Sounds like a broken record for the iPhone 4

New Apple device sells 1.7 million units in three days Stores sell out, CEO apologizes for short supply

PAUL SAKUMA/THE ASSOCIATED PRESS

Emilie Weideman tests out the new iPhone 4

Apple Inc. said yesterday it sold more than 1.7 million units of its new iPhone model in the first three days, making it the most successful product launch in the company's history in terms of sales.

The iPhone 4 went on sale Thursday in the U.S., Britain, France, Germany and Japan.

High demand for the model caused shortages and unruly crowds at some stores.

The device goes on sale in Canada in late July

"This is the most successful product launch in Apple's history," said Steve Jobs, Apple's CEO.

"Even so, we apologize to those customers who were turned away because we did not have enough supply."

Some stores sold out within hours.

Analysts have said Apple is having a hard time procuring enough parts for the phone, such as its new higher-resolution screen.

Apple has said the white iPhone it plans to produce has been more challenging than expected and won't be available until late July.

Only black models went on sale Thursday.

Apple sold more than one million units in the first three days when it launched last year's model, the 3GS.

Canada, Italy, Spain and Switzerland were then among the launch countries, but Japan was not.

Apart from the sharper screen, the iPhone 4 features a slimmer body and faster processor than the previous model, among other changes.

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Electricity spending gives jolt to economy

Americans spent a little more in May, but not enough to speed along the economic recovery.

Consumer spending rose 0.2 per cent last month after no change in April, the U.S. Commerce Department said. Incomes rose for the sixth time in seven months, boosting household finances.

The increase came from spending on services — much of that likely the result of Americans using more electricity.

THE ASSOCIATED PRESS

0.4

The percentage increased in American income in May. The savings rate, or the percentage of income that wasn't spent, bumped up to four per cent.

Banking. Wrongful dismissal?

Debrahlee Lorenza, left, and her attorney.

RICHARD DREW/THE ASSOCIATED PRESS

Curves too 'distracting?'

Debrahlee Lorenza visited the New York State Division of Human Rights yesterday. She says she was fired from her banking job after complaining male colleagues called her figure distracting.

CHEERS

To bears that drink beer. And divas who turn tequila into mean margaritas. To motorbike dykes who prefer their whisky neat and hair wild. And bisexuals who can't decide between Cabernet or Chardonnay. To those martini maestros—the guppies—who work their garnish something fierce. And all drag queens that hold lager with grace and élan. To the trans folk who navigate the divide like a rosé wine, brilliantly. And lipstick lesbians who swizzle up Moscow Mules, Singapore Slings, or even a Tokyo Tea. And cheers to those who say spritzer because it sounds sassy.

BUT MOST OF ALL, CHEERS TO YOU.
FOR BEING WHO YOU ARE. AND PROUD OF IT.

DISCOVER LCBO THE WORLD

AN OPPORTUNITY TO SPREAD THE WEALTH

She says ...

JESSICA NAPIER

During a recent Saturday morning shopping trip to the market I found myself confronted with an overwhelming array of exotic dips.

Yep, that's right. From roasted red pepper hummus to olive and feta cream cheese, it seems the cracker topping possibilities are endless these days. I lingered at this particular stall for a while; I was attending a housewarming party later that evening and had been given the responsibility for "all things spreadable."

Apparently, while I spent the last couple of years doing the whole graduate school, unpaid internship, backpacking in Europe thing, one of my much more financially responsible friends had found the time and the money to purchase her very own condo.

Although I recently hit a couple of pretty big milestones — signing the lease for a tiny (but beautiful) apartment and landing a full-time job — I can't help but think that I've fallen behind the pack a little. Sometimes it feels like everyone around me is getting promoted, or pre-approved or proposed to, while I'm just happy to be getting health benefits … finally!

"I started to wonder — if I had this much trouble choosing between sundried tomato or spinach, how could my friends possibly be committing themselves to mortgages and husbands?"

During the 20 minutes I spent trying to pick an appropriate housewarming dip, I started to wonder — if I had this much trouble choosing between sundried tomato or spinach, how could my friends possibly be committing themselves to mortgages and husbands?

Soon I'll be moving up into that next age box — you know, the 25-29 range — which is both horrifying and exciting. I'm sad to say goodbye to those hilarious and irresponsible years of my early 20s … but there is something to be said for maturity. Sometimes it's nice to a spend a sunny Saturday morning pondering over patés at the market instead of in bed with a serious hangover and a bass player's phone number written on your arm in eyeliner.

Ultimately, I couldn't bring myself to buy just one type of spread. I decided to waste far too much money and indulge in a variety of hummuses and tapenades and cream cheeses, because those are the silly little luxuries you can afford to overspend on when you don't have a mortgage.

Cartoon

Noteworthy

There's more people to sing O Canada

Canada's population has surpassed the 34-million mark. Statistics Canada estimates the population was 34,019,000 April 1. That's an increase of 88,100, or 0.26 per cent, from Jan. 1.

The agency says all four Western provinces had growth rates stronger than the national average.

StatsCan reports more than two-thirds (71 per cent) of the first-quarter increase was due to net international migration, while 29 per cent was attributable to natural increase.

THE CANADIAN PRESS

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G8 great value for kids

Letters & Tweets

TORONTO. Canadians are right to question the real value of hosting the G8 and G20 summits. As leader of an organization focused on making the world a better place for children, the value to me is clear.

The opportunity to speak to the most powerful global leaders at one time about the needs of those children is unmatched by any other forum.

For at least a brief moment last week, thousands of journalists told stories of children and mothers living in poverty who need global leaders to address their plight. While we hoped for much more because of this G8, 1.3 million children will survive past their fifth birthday and 64,000 women will survive pregnancy and childbirth. That is something of great value.

DAVE TOYCEN, PRESIDENT AND CEO, WORLD VISION CANADA

EDMONTON. First of all, I love Metro. However, your continued publishing of Lindsay Lohan tweets are not necessary.

If she does something truly amazing, such as cleaning herself and her reputation up, print that.

Most readers will agree that most of her tweets are not tweet-worthy.

Please find some other more interesting celebrity tweets.

DAVE STAWNICHY

G8 leaders

SEAN KILPATRICK/THE CANADIAN PRESS

What do you think of Metro's redesign?

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Metro has the right to edit letters and comments.

Metro Minute with kite flying society

Good news for kite-lovers: The G20 has left the building. That means you're free to let your colourful "weapons of mass obstruction" soar through the skies once more.

Head down to Christie Pits this Sunday with your kite in tow. The Ossington Kite Flying Society meets every other week to share its mutual love of flying, and even experiment with conductive electricity — safely, of course. Society founder Ronny Baker says all are welcome: Kite or no kite.

Christie Pits is located at 750 Bloor St. W. For more check out the Ossington Kite Flying Society at its Facebook page or email Baker (writetoronny@yahoo.com)

JORDANA DIVON

CONTRIBUTED

▶ Ronny Baker with the Ossington Kite Flying Society.

Release of Eclipse coincides with lunar eclipse Tours offer fans first-hand look at the locations where Edward and Bella embarked on Twi-adventure Facebook group launches online petition in an effort to bring more Twi-tours and events to Canada

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ Twilight star Robert Pattinson poses with fans at the premiere of The Twilight Saga: Eclipse in Los Angeles

Fans in frenzy over Twilight countdown

LINA TOYODA
SCENE@METRONEWS.CA

Twihards, Twilight moms and fanpire friend are all part of the Twilight lexicon among the legion of fans for the hugely popular vampire saga of teen romance and divided loyalties.

The countdown is on for Eclipse, and twilighters are rustling with anticipation for the third installment to hit theatres tomorrow.

Like a cosmic coincidence, the release of Eclipse has lined up with a lunar eclipse.

Summit Entertainment, working with Canada's E1 entertainment, took this opportunity to stage a free fan event and a multi-city open air screening of New Moon on Saturday night.

"The fans of the series have just been so unwavering in their support and they're so loyal," said Charlene Coy, director of publicity at E1. "The least we could do is put on this free public event for the fans to come out and get the hype up."

"From what I've seen with the previews and trailers, this movie looks like it's been taken to a whole new level."
MICHELLE PAN

The event was held in Vancouver and Toronto alongside major U.S. cities, and fans celebrated by dressing up and getting adorned as vampires at a "sparkle station" or the fake tattoo parlour that set up shop at UBC Thunderbird Park and Harbourfront Centre.

"The fans in Canada are equally as loyal as the fans in the U.S.," says Coy.

The Twilight Saga seems to have all the ingredients to concoct a perfect fantasy of everlasting love for an ordinary and, well, the "plain Jane" kind of girl, says 17-year-old Michelle Pan, creator of bellaandedward.com, one of the most well-known fan sites in the U.S.

"Most of the fan base is teenaged girls," says Pan. "I would say like 99 per cent are all female with the occasional guy who's a fan of Twilight but there aren't very many."

Pan who lives in Austin, Texas, could be called an expert fan, and has been invited to all of the Hollywood premieres of the Twilight series and recently penned the book Bella Should Have Dumped Edward, which has fans debating hot-button Twilight questions.

"Some of the fans, they are so dedicated, they sleep in a tent outside in the middle of Los Angeles for four days straight to see these actors and actresses. That's hardcore dedication right there," she laughs.

Devoted to everything Twilight

Twifans.com is a social networking site devoted to all things Twilight. "This is a place where you don't have to be embarrassed to obsess, talk, blog, live chat and add photos about Twilight with others just like you," posts website founder Alison Genet. Members can customize their own personal pages and add photos, music and friends.
LINA TOYODA

Convention, set tours bring story close to fans

Some discussions among fans in Michelle Pan's book, Bella Should Have Dumped Edward, include: Is Bella an independent girl or is she a blank canvas that needs to rely on a man? And, Should Bella have ended up with Edward or Jacob?

The Official Twilight Convention 2010 by Creation Entertainment (best known for its popular Star Trek conventions) has one Canadian date on its tour this summer, from July 30 to Aug. 1 at Westin Harbour Castle in Toronto.

In Vancouver, Twilight set tours offer fans a first-hand look at the real locations where Edward and Bella embarked on their Twi-adventures, and a chance to hear some insider tales of where the young actors hang out while shooting in town. Go to vancouversettours.com for more info.
LINA TOYODA

SUBMITTED PHOTO

▶ Michelle Pan

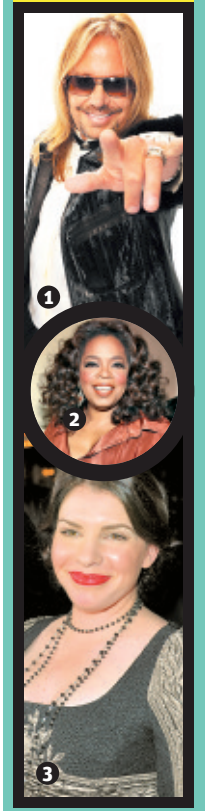
Petition calls for Twi-events in Canada

The Official Twilight Fan Club on Facebook has over 76,000 members.

In an effort to bring more Twi-tours and events to Canada, a group called "Twi-Can Petition: Bring Twilight to Canada!" currently has over 2,300 members who don't want Canada to miss out on the Twi-parade.
LINA TOYODA

2 scene

News in brief

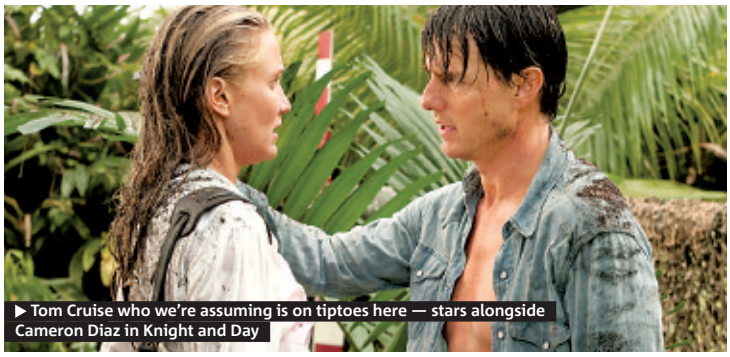


1 Vince Neil of Motley Crue charged with drunk driving in Vegas. METRO

2 Secret tapes say Oprah was contender for Senate seat. METRO

3 Twilight author Stephenie Meyer scores another hit with The Short Second Life of Bree Tanner: an Eclipse Novella. METRO

Scan the code to read about Steven Tyler and the breakdown and reunion of Aeromsith



▶ Tom Cruise who we're assuming is on tiptoes here — stars alongside Cameron Diaz in Knight and Day

Get it, SHORTIES!

In honour of Knight and Day, we look at other films where vertically challenged guys have landed statuesque leading ladies ◐ Tom Cruise, you're a pro

MONICA WEYMOUTH METRO WORLD NEWS

Who/Where		Why it worked
▶ The couple: **Tom Cruise (5'7") and Kelly McGillis (5'10")** ▶ The film: **Top Gun (1986)**		Not only does Tom Cruise seem to wear generously heeled shoes, but he goes by Maverick in this one — can't nobody hold him down.
▶ The couple: **Ethan Hawke (5'10") and Uma Thurman (6'0")** ▶ The film: **Gattaca (1997)**		Ethan Hawke is, well, Ethan Hawke — plus he bought Jude Law's DNA in this sci-fi flick. The costars married after the film (although later divorced).
▶ The couple: **Ben Stiller (5'6") and Cameron Diaz (5'9")** ▶ The film: **There's Something About Mary (1998)**		The three inches between them only adds to the "why is this supermodel talking to Ben Stiller in braces?" dynamic.
▶ The couple: **Tom Cruise and Nicole Kidman (5'11")** ▶ The film: **Eyes Wide Shut (1999)**		These two were married. And in 2006, Cruise walked down the aisle with another who would tower over him in red carpet heels — Katie Holmes, 5'9".
▶ The couple: **Ben Stiller and Jenna Elfman (5'10")** ▶ The film: **Keeping the Faith (2000)**		It's a weird duo, for sure — but in the end, we think Stiller's rabbi is a more-likely, less-creepy match than Edward Norton's priest.

SOURCE: IMDB.COM | PHOTOS: GETTY IMAGES

When Cruise was Hollywood king

◐ Before all the couch-jumping, Tom Cruise was Hollywood's true Top Gun ◐ A look at his 5 best films

THE ASSOCIATED PRESS

▶ Tom Cruise has been nominated for an Oscar three times.

Before all the creepy laughter in leaked Scientology videos, before public spats with Matt Lauer and Brooke Shields, Tom Cruise wasn't just THE A-lister among all Hollywood A-listers, he was also an actor who could really act.

In recent years, his off-screen antics have overshadowed his on-screen talent, but this may change with his newest turn in the action film Knight and Day.

With that in mind, let's take a look at a few of his strongest roles:

Magnolia (1999)
Pretty much universally recognized as his best work ever, it earned him the third of his three Oscar nominations. As cocky self-help speaker Frank T. J. Mackey, Cruise electrified Paul Thomas Anderson's opus about intertwined lives — and falling frogs — over one day in Los Angeles. He was totally commanding in his arrogance on stage, yet also laid himself bare watching the death of his father (Jason Robards) and struggling with the conflicting emotions it stirred.

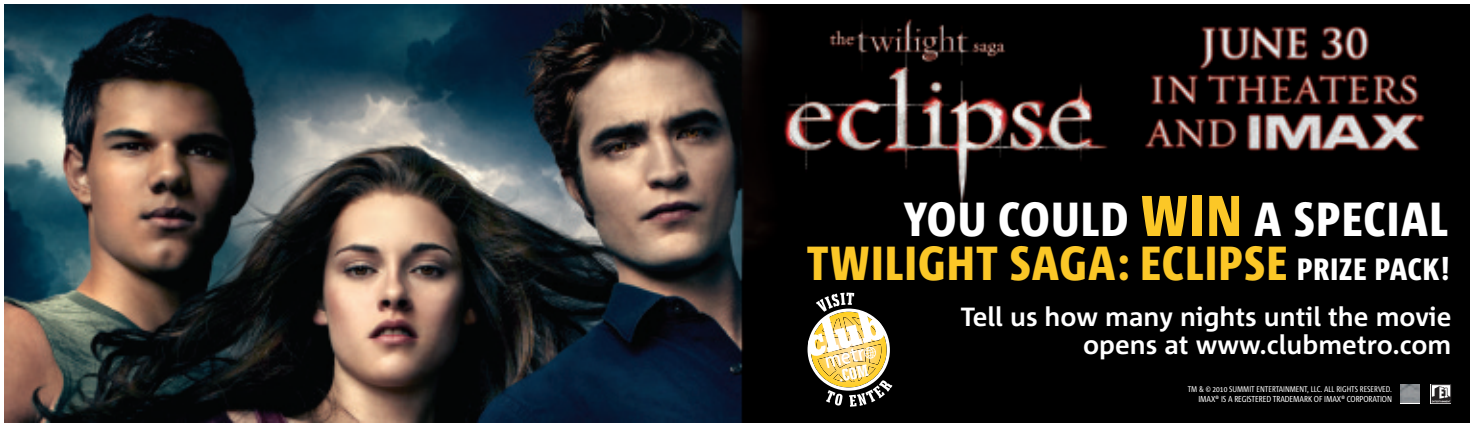
Jerry Maguire (1996)
OK, so maybe the "You complete me" scene is more than a little cheesy in retrospect. Still, his performance as a sports agent trying to rebuild his career and his personal life allowed him to show the full range of highs and lows within him.

Born on the Fourth of July (1989)
Here's where Cruise showed his ability to dig deep, and do more than just charm us by flashing that sexy smile of his and working his high-energy, verbal magic. (This was his first Oscar nomination for best actor.)

Minority Report (2002)
Sure, the visuals and the bold ideas are what you probably remember from Steven Spielberg's darkly thrilling sci-fi drama, based on the short story by Philip K. Dick. But Cruise is at the centre, holding it all together confidently as the straight man in a fantastic, futuristic world, even as his detective character, John Anderton, goes on the run for a crime he hasn't yet committed. Delivering a rare understated performance really works for him here.

Risky Business (1983)
Of course, the movie that made him a star in the first place. In retrospect, it's a classic Tom Cruise role, the prototype: a young guy who has it all and thinks he has all the answers, only to experience a comeuppance.

THE ASSOCIATED PRESS



This summer, stay inside

Why risk sunburn and a sandy butt when there are a bunch of new series to keep you entertained? Freshman shows to watch until your fall favourites return

AMBER RAY METRO WORLD NEWS

If you miss ... Southland
Watch ... Rookie Blue
Missy Peregrym (Reaper, Heroes) leads a cast of five rookie cops getting a crash course on what it takes to be among the city's finest.
Premieres June 24

If you miss ...
Project Runway
Watch ...
Work of Art
Who's cattier than fashion designers competing against each other on a career-defining TV show? Artists competing against each other on a career-defining TV show.
Airs Wednesdays

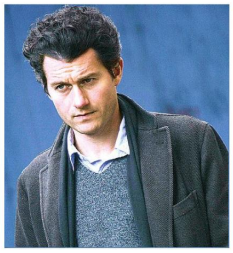
If you miss ...
CSI: Miami
Watch ...
The Glades
Jim Longworth, a former Chicago homicide detective, moves to Florida for the golf and a pretty girl. Some psycho likes the pretty girls (and guys) dead, which puts Jim back on the job. **Premieres July 13**

If you miss ... Curb Your Enthusiasm
Watch ... Louie
Like your comedians cranky and down on their luck? Louis CK's stand-up-inspired sitcom is the stuff of (hilarious) nightmares.
Premieres June 29

If you miss ...
The Vampire Diaries
Watch ...
The Gates
For people who like a little bite to their soapy dramas, the neighbours in this posh gated community happen to be vampires.
Airs Sundays

PHOTOS COURTESY OF: ABC/FX/SYFY/TNT/SHOWTIME/AMC/BRAVO

If you miss ...
Gossip Girl
Watch...
Pretty Little Liars
Secrets? Serena van der Woodsen's got nothing on these cliquey ladies, who begin receiving mysterious messages from their supposedly dead bestie.
Airs Thursdays



If you miss ...
24
Watch ...
Rubicon
Code-cracker Will Travers gets caught up in a terrifying conspiracy, but at least he has more than 24 hours to try to figure it out. **Premieres August 1**

If you miss ... Lost
Watch ... Haven
It's not from J.J. Abrams and there's no island, but Haven is based on Stephen King's The Colorado Kid series and does involve supernatural people.
Premieres July 9

If you miss ...
Justified
Watch ...
Memphis Beat
Jason Lee plays a Southern-fried detective who spends his nights as an Elvis impersonator, which is probably a better hobby than the whiskey-soaked Raylan Givens' proclivity toward shooting everyone. **Premieres June 22**

If you miss ...
Breaking Bad
Watch ...
The Big C
A control-freak high school teacher (Laura Linney) is diagnosed with terminal cancer and redefines her life. She keeps the information from loved ones — but at least she's not cooking meth. **Premieres August 16**

DVD Releases this week Buy it | Rent it | Borrow it | Yawn | Don't bother

Blast from the past

Hot Tub Time Machine
Genre: Comedy
Director: Steve Pink
Stars: John Cusack
Rob Corddry, Chevy Chase

The decade of giant hair, shoulder pads, neon colours and bad synthesizer music is perfect for plundering, yet Hot Tub Time Machine leaves the booty largely intact. Like the wonky Jacuzzi that gives the film its title and nutso travel mode, the movie operates in fits and starts.

It's directed by Steve Pink, friend and business associate of Hot Tub star John Cusack, who revisits and relives his '80s past along with fellow time travellers Rob Corddry, Craig Robinson and Clark Duke.

The committee of clowns behind the Hot Tub screenplay amused themselves by grafting the buddies-gone-wild hilarity of The Hangover with the time-altering drama of Back to the Future and a host of other '80s flicks.

Hot Tub begins in 2010, with three close pals who have arrived at middle age with their dreams thoroughly dashed. Adam (Cusack) is selling insurance and pulling arrows out of his butt from his latest breakup; Nick (Robinson) is a henpecked hubby in a dead-end service job; and the perpetually wasted and chronically unemployed Lou (Corddry) has been dicing with the Car Exhaust Death Machine.

Lou's flirtation with forever prompts the lads to return to the scene of their wild 1980s dreams, the alpine adventureland called Kodiak Valley where they once lived large and loud.

About that time travel thing: Suffice to say it really does involve a hot tub. The lads find themselves back in the Kodiak Valley of 1986, magically looking like they did in their youth but still possessing the bad judgment and erratic fortunes of middle age.

The four guys do manage something approximating The Hangover's quartet of fools. Yet as warm and inviting as Hot Tub is, there's the unmistakable feeling that many satiric targets have been missed, or ignored in favour of gross-out humour more appropriate to the 1990s. PETER HOWELL

Rush: Beyond the Lighted Stage
Genre: Documentary
Director: Sam Dunn
Scot McFayden
Stars: Geddy Lee, Alex Lifeson, Neil Peart

Toronto's Geddy Lee, Alex Lifeson and Neil Peart received their collective star on the Hollywood Walk of Fame last week for their power trio Rush, and that means these Canuck prog rockers have finally made it, eh?

Don't believe it. A big part of Rush's appeal is its perennial underdog status, four decades into a career of matching heady poetry to electrified wails. They continue to be "the world's biggest cult band," as Lee modestly assesses the situation in this sterling documentary.

And he's right, even though Rush has millions of believers, including many of their fellow rock gods, Gene Simmons, Billy Corgan and Trent Reznor among them. Only the Beatles and Rolling Stones have more consecutive gold and platinum studio albums than Rush, yet Lee, Lifeson and Peart still can't get respect from Rolling Stone magazine, the Rock and Roll Hall of Fame or from many rock critics.

Co-directors Scott McFadyen and Sam Dunn approach the band as fans, but also as serious scholars who aren't afraid to discuss both the good (Moving Pictures, 2112) and the not-so-good (Caress of Steel).

The Rush guys are equally candid, opening up on their strengths and weaknesses and triumphs and tragedies. A wealth of archival material paints the most complete picture yet of these humble heroes, who continue to rock as hard as ever. PETER HOWELL

The White Ribbon
Genre: Drama
Director: Michael Haneke
Stars: Christian Friedel

Michael Haneke's Palme d'Or winner from the 2009 Cannes fest plays like a particularly disturbing episode of The Twilight Zone. Set in a rural Protestant village in Germany on the cusp of World War I, it tracks the rise of fascism in the slow disintegration of social values. Acts of violence and vandalism seem at first to be random, but begin to take on the shape of retribution; Filmed in glorious monochrome and with Haneke's keen sense of the sins of man. PETER HOWELL

PRIZE-WINNING PICKS

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

On July 7 the Polaris Music Prize shortlist will be announced and the lives of a number of bands may change.

While the Polaris Prize isn't as well-known as the Junos, winning – and sometimes nominated – musicians still see record sales rise, increased attendance at shows, and more than a few winning artists tell me that the international media always bring it up. Knowing this is a big responsibility for jurists — so many Canadian albums come out every year and picking bands is no easy feat. Here a few of the records that I choose on my short list ballot. They're all albums you should listen to right now.

Shad, *TSOL*
Born in Kenya and raised in London, Ont, the 28-year-old rapper's charm lies in his ability to fuse thoughtful rhymes with a sense of humour. The song A Good Name, off this, his third and best record, encapsulates all that's great about this disc.

Hannah Georgas, *This is Good*
A lot of solo artists send me bad records. But, as soon as I popped Georgas' debut record on I was floored. The Vancouver-born singer-songwriter has mastered the indie pop hook — her songs are loaded with infectious choruses, sweet melodies and charm.

Ghostkeeper, *S/T*
Calgary five-piece Ghostkeeper should be the definition of a Polaris Music Prize nominated act — they push boundaries, take risks and, most importantly, make good music.

TV watch list

When *Beauty* calls

GOOD ADVICE? Hollywood blogger Perez Hilton is best known for ripping into celebrities but tonight he tries his hand at doling out fashion advice on Anna & Kristina's Beauty Call. In this episode, he critiques Anna and Kristina's attempts to pull together a $500 outfit for woman who wants a "stylish traveller" look. (W Network)

METRO NEWS SERVICES

Wipeout!

GAME SHOW. Soccer fever has hit the outrageous game show Wipeout. This week, adrenalin junkies make their way through a World Cup-themed obstacle course. (Global, ABC)

METRO NEWS SERVICES

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TV Babies!
"Our babies and kids are busy!" says Ann Love at The Baby Face Agency. "In ads, movies, and modelling, some earned $30,000."
"We need cute babies and toddlers and boys and girls up to 16!"
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THURS JULY 8 @ 9:30PM
FRI JULY 9 @ 7PM & 9:30PM
SAT JULY 10 @ 7PM
SAT JULY 10 @ 9:30PM
HOSTS: WHO'S LINE IS IT ANYWAY'S WAYNE BRADY with Tim Minchin, Harland Williams, Gabriel Iglesias, Mike Birbiglia and Sebastian Maniscalco
COMEDY CENTRAL'S DEMETRI MARTIN with Tim Minchin, Harland Williams, Gabriel Iglesias, Elon Gold and Tommy Tiernan
FROM THE LARRY SANDERS SHOW GARRY SHANDLING with Tom Papa, Lavell Crawford, Jim Breuer, Noel Fielding and Elon Gold* *performing at the 7PM show only
EVERYBODY LOVES RAYMOND'S BRAD GARRETT with Mike Wilmot, John Heffron, Jimmy Carr, Sebastian Maniscalco and more
CONCERT SENSATION LOUIS C.K. with Mike Wilmot, Todd Barry, Mike Birbiglia, Jimmy Carr and Tommy Tiernan
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THE ETHNIC SHOW: ETHNICAL DIFFICULTIES
Hosted by Sugar Sammy with special guest Gabriel Iglesias and featuring Mo Mandel, Aron Kader, Bret Ernst, Ron Josol and Wil Sylvince
FRI JULY 9 & SAT JULY 10 @ 7PM & 9:30PM
RICHMOND HILL CENTRE FOR THE PERFORMING ARTS
TICKETMASTER OR 905-787-8811
TOMMY TIERNAN
CROOKED MAN
"Dubbed the 'Bono of Irish comedy' by his peers." — Steve Bennett, Chortle UK
TUES JULY 6 - SUN JULY 11 @ 7PM
JANE MALLETT THEATRE - ST. LAWRENCE CENTRE FOR THE ARTS
TICKETMASTER OR 416-366-7723
THE NASTY SHOW
Hosted by Bobby Slayton with special guest Mike Wilmot and featuring Thea Vidale, Corey Holcomb and Ari Shaffir
THURS JULY 8 @ 7PM & 9:30PM
FRI JULY 9 @ 7PM
PANASONIC THEATRE
TICKETKING.COM OR 416-872-1212
RELATIONSHIP SHOW
Hosted by The Marriage Ref's Tom Papa with special guest Jim Breuer and featuring Maryellen Hooper, John Heffron, Sebastian Maniscalco and more
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Gibson's lawyers strike back at ex

Abuse allegations by ex-girlfriend Oksana Grigorieva are slammed by the actor's expensive legal counsel

Mel Gibson's lawyer is striking back at allegations by Oksana Grigorieva that he physically assaulted her during an argument, according to Hollyscoop. "Mel was hopeful their breakup was behind them and Lucia would be the beneficiary of co-operative parenting," says Stephen Kolodny, who insists Grigorieva is making the claims in order to win better access to the couple's eight-month-old daughter. "Apparently Lucia will be denied that good fortune. Making sensational allegations is not the way to resolve this. Mel wants a custody settlement or a resolution in court, not the media."

Grigorieva's accusations come months after the Russian pianist spread cryptic messages about the reasons behind the couple's split. While the Aussie-reared actor has remained silent up to now, sources say Gibson has been forced to fight back in the media for fear of losing his reputation and custody of his daughter.

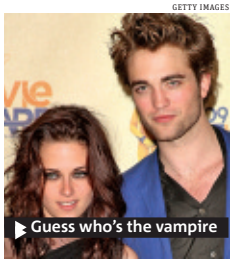
On June 25, Gibson filed for a restraining order against Grigorieva, 40, in the Los Angeles Superior Court. Radar Online reports that the case is sealed, meaning the documents cannot be released to the public.

METRO WORLD NEWS

GETTY IMAGES

▶ Back when their baby had a chance at a therapy-free life

GETTY IMAGES



▶ Guess who's the vampire

Twilight stars engage in some post-mortem PDA ...

Twilight co-stars Kristen Stewart and Robert Pattinson have been coy when it comes to any possible off-screen romance, but the pair reportedly couldn't keep their hands off each other after the premiere of the series' latest film, Eclipse, in Los Angeles. "They were kissing, nuzzling, holding hands and embracing," a source tells E! News. The pair were spotted hitting a rooftop bar at the film's after-party.

METRO WORLD NEWS

... While werewolf Jacob prefers to howl (off-key) at the moon

Don't expect to see Taylor Lautner breaking into song anytime soon, as the Twilight star admits he's basically tone deaf. He also says he's a huge fan of American Idol, and thinks the two might be related. "I can't sing, and that's the funny thing. Maybe that's why I like watching it so much. I know there's no way I can do that," he says. "American Idol would definitely be number one for me. I haven't missed an episode in eight or nine years. I can't believe I just said that."

METRO WORLD NEWS

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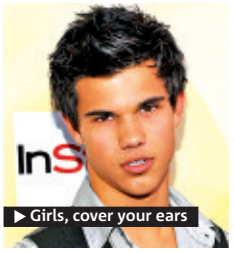


▶ Girls, cover your ears

Talking points

Lohan hawks new TV show

COMING SOON TO THE DELUSIONAL CHANNEL Dina Lohan has a new reality TV project for any interested networks, and to sweeten the deal she's promising appearances by Lindsay Lohan, according to Page Six. "We have already started filming. The cameras follow us in our daily lives and as we promote our businesses," Dina says. "I want to prove that we are a good, hardworking family and we don't have the crazy lives that some people claim we do."

METRO WORLD NEWS

No goo goo for Lady Gaga

BABY TALK Lady Gaga has no plans to pursue motherhood — at least not now. "I'm terrified of babies," she tells Rolling Stone magazine. "I think, creatively, as a woman, you change once you give birth. I'm totally not ready for that."

METRO WORLD NEWS

No diapers, please

Celebrity tweets

Neil Patrick Harris [@ActuallyNPH] In Athens, on vacation. Hiked up to the Acropolis. Saw the Parthenon. Blown away. So much more authentic than the one in Nashville...

Chris Brown [@chrisbrown] i got dat new iphone..... but mine has a gold twist to it..

Spencer Pratt [@spencerpratt] 'Eclipse' Top Advance Ticket Seller Of Year Glad I got My ticket! NOT!

Michael Ian Black [@michaelianblack] This humidity obviously wants me dead

METRO NEWS SERVICES

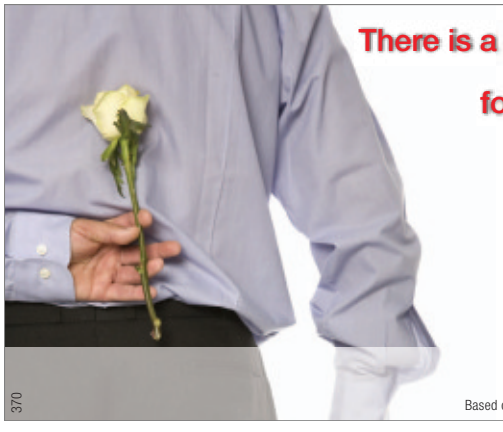
Davis: U.S.A. has gender role to play

GIRL POWER Actress Geena Davis says Americans have "a particular responsibility even beyond our borders" to think about how women and girls are portrayed in film and television.

That's because most other nations import "the vast majority of their entertainment" from the United States, says Davis.

Davis spoke to reporters yesterday at the U.N. Economic and Social Council to promote anti-poverty and gender equality efforts.

THE ASSOCIATED PRESS



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370

Racquet love

Want the shoulders of a swimmer, the endurance of a marathoner and the power of a sprinter? Tennis pro and Crunch gym fitness instructor Akin Akman talks us through the game — and full body workout.

ROMINA McGUINNESS
METRO WORLD NEWS

GETTY IMAGES

▶ Rafael Nadal of Spain won this month's French Open.

Shoulders

"Strong shoulders create a more powerful swing, helping you hit the ball across the net with more power. To improve shoulder strength and reflexes, practise throwing and catching a medicine ball with a partner."

Arms

"Having strong, toned arms helps increase the speed and power with which you hit the ball but the key is really down to your core strength. It's an upward ripple as the movement stems from the core, then the twisting and hip rotation, extending out to the arm."

Core

"The body's powerhouse when playing tennis is your core. Your hip movement along with your abdominal muscles are crucial in enabling the rest of the body to respond correctly. Your hips help you twist and having strong abs will help hold the body more centered."

Legs

"To remain close to the center of gravity, the game requires you to remain low, forcing you to adopt a natural squat-like position that is great for toning and shaping your legs. Running after the ball cross the court requires short burst runs similar to circuit training. The result is a fantastic cardio workout that helps you build lean muscle."

What brings it all together?

Flexibility: Flexibility helps, as tennis requires a lot of twisting from the hips. It's not a sport that will make you become more flexible, but maintaining supple muscles with plenty of stretching off-court will help prevent injuries and improve movement.
Gravity: Tennis players remain in a lowered position in order to hold a center of gravity. Staying low and closer to the ground helps them to absorb the shock of the ball coming in at high speed and to then have the power to hit it back.

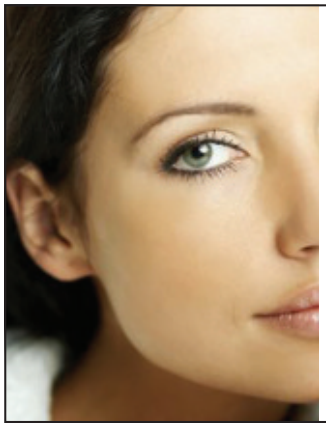
Coordination: Good coordination is what brings and holds the game together, a bit like the strings on a racket. It determines the footwork and ability to hit the ball from different angles.
Agility: The constant running from one part of the court to another and chasing after the ball requires a lot of agility, jumps and quickness of step.

3 life

Top 5

Sports to enhance your on-court performance:

1. **Running:** Long distance ruing helps build endurance. This is necessary as tennis games can sometimes go on for hours.
2. **Weights:** Lightweight training will help tone the arms.
3. **Yoga:** Helps the body relax and is one of the best exercises for stretching your muscles.
4. **Swimming:** works the lat ('latissimus dorsi', the large flat muscle on your trunk, posterior to the arm) muscle.
5. **Sprinting:** Doing short, fast sprints will train you to get to the ball quickly.



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Obsessing over a non problem

Some people smell and don't know it. But a more serious problem is thinking that you smell when you don't. People who are preoccupied with concerns about body odour have what's called olfactory reference syndrome.

This disorder, which is so serious that 68 per cent of sufferers contemplate suicide, was discussed at the recent annual meeting of the American Psychiatric Association in New Orleans.

CELIA MILNE

Keeping those whites, white

1If you have excessive sweating, you can still wear white tops, but replenish your supply more often.

"Once white tops become stained it is time to let them go," says Toronto image consultant Kelly Millar. "They should always look crisp and fresh."

For fabric, Millar suggests keeping cool with natural fabrics such as cotton and linen. Avoid clingy fabrics like jersey and especially synthetic fabrics like polyester or blends that won't breathe. Silk also tends to show sweat marks.

"Once white tops become stained it is time to let them go."
KELLY MILLAR

CELIA MILNE

Out from the ashes

Speaking of armpits, here's a new deodorant from The Body Shop. DeoDry.

It contains drying qualities of volcanic mineral in the form of an ultra-fine powder. It's that powder that provides the water absorption action. DeoDry does not contain parabens and pore-clogging ingredients found in many deodorants. Comes in three kinds: Cool and Zesty, Chilled and Breezy, Fresh and Floral.

CELIA MILNE

Taking the sweat out of summer in the city

Scared to raise your arms on those hot summer days? From Botox to oral medications and deodorants, there are plenty of ways to keep you dry

METRO WORLD NEWS

Excessive sweating can be an embarrassing problem

CELIA MILNE
WELLNESS@METRONEWS.CA

Once or twice a year, Zoe Dredge has her armpits Botoxed. It sounds odd, but Botox is catching on as a treatment for hyperhidrosis — or excessive sweating. Dredge has had the condition since puberty.

"I would have excessively large sweat patches under my arms at any given time of day, despite temperature, exertion, activity, fitness, or deodorant," she says.

Dredge, who grew up in Brisbane, Australia, learned to wear lightweight, breathable fabrics. She wasn't comfortable at dances, putting her hand up in class or giving an over-arm hug. She always thought her sweatiness was related to the heat of her home country.

"I would have excessively large sweat patches under my arms at any given time of day, despite temperature, exertion, activity, fitness, or deodorant."
ZOE DREDGE

But when she moved to often-chilly Toronto in 2007 and still had year-round "sweaty pits," she knew something was up. "When your body's fighting to remain warm and you're still sweating buckets, it makes you really aware that something is not right," she said.

Finally a friend suggested Botox. "I went for it," says Dredge, who is a bartender. The treatment was over within 15 minutes and it took full effect within two weeks. "I couldn't believe it. I still can't believe it," she says. "It's like a dream." She is re-training herself not to worry about what she wears. "I often catch myself having little blissfully care-free moments." She'll get it done again in seven to 12 months.

Other treatments for hyperhidrosis include antiperspirants containing aluminum chloride, oral medications, low-intensity electric current and surgery.

Hyperhidrosis

For more information on hyperhidrosis, go to sweatmanagement.ca

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Sea, surf & soul searching

Thought surfing was just for waves?
Ride your way to a balanced body and soul with surf and yoga

ROMINA McGUINNESS
METRO WORLD NEWS

Growing up on the beaches of Hawaii, Rachel Bollard has integrated yoga and surfing for years.

A true beach and board babe, she sees the ocean and waves as a liquid energy unlike any other. Surfing allows every inch of the body — from mind body and spirit — to be stimulated and yoga brings longevity, power, flexibility and calm keeping you grounded and balanced.

Mind and Core

Yoga mind control and breathing is key in surfing. If a wave breaks when the surfer is underwater, breath and mind control will enable surfers to remain calm, control their fear and keep their breathing flowing until they can come back to the surface. Yoga and surfing both work towards optimum body balance.

With yoga, core body strength helps sync breathing whereas in surfing it helps surfers be in sync with the ocean. Yoga exercises counteract the extreme nature of surfing by preventing injury, strengthening core endurance and rebuilding the body and mind.

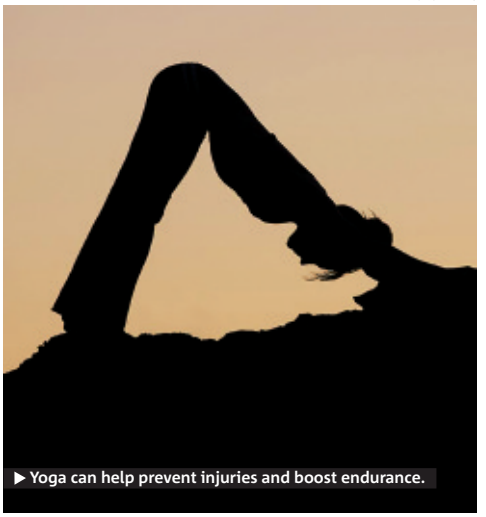
What's in a wave?

Small waves need short and quick muscle response, requiring the surfer to be light and agile. Longer waves are more challenging and will need more endurance, muscle strength and power. Building up your core strength and a flowing breathing pattern through yoga will help surfers deal with the volatility of the ocean and feel in control of the wave.

METRO WORLD NEWS

▶ Surfers require good hips to ride the waves.

METRO WORLD NEWS



▶ Yoga can help prevent injuries and boost endurance.

Paddle and ride

In order to find the perfect flow and rhythm of the ocean, a surfer must use inner body strength, the same used in yoga. When paddling out to the ocean, surfers use their shoulders and their back, then their hips are when standing on the board and riding waves. Yoga will help build flexibility in the hips and gently unwind the tissue in the shoulders and the back, reducing overall strain on the body and preventing muscle injury. Regular practice will also lengthen the body and increase awareness allowing surfers to remain calm and focused when riding challenging waves. Combined with breath control the body will be stronger and more centered.

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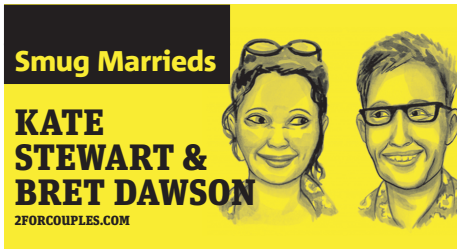
STAND UP TO THE IN-LAWS



I am no longer comfortable spending time with my common law's family because they always make backhanded compliments. I've tried talking to him about this, but he thinks I'm acting like a spoiled brat. He says that if I feel insulted, I'm a big girl and should stick up for myself. I feel that because it's his family, he should be sticking up for me. What should I do?

Kate says...
Yes, you are both right. If his family is treating you with disrespect, you have a duty to yourself to insist that they do not. Show them that you are not a person who accepts that kind of juvenile nonsense. Not to get all Oprah on you, but if you treat yourself with respect, and if you set an example with your actions and your words, they will start seeing you as someone not to be messed with.

This is harder to do if you've already allowed the pattern of rude behaviour you describe to become established in your relationship with them.

You might have to (once, and only once) open a great big can of whup-ass to set the record straight. Once that's done, you'll have to play by your own rules and insist, firmly and politely, that they don't take petty swipes at you.

Also, what's with your partner? You are not making an unreasonable request that he defend you in front of his family. The two of you need to make a stop-picking-on-my-girlfriend pact.

Bret says...
The other possibility is that you are hateful or boring or off-putting in some way, and your in-laws are just responding like any sane and reasonable person would, and your common law is hiding the truth from you. Here are three quick questions to ask yourself. And be honest. 1) Do you baby talk to grown-ups? 2) Are you kind of a downer to be around? 3) Does your breath stink? You're welcome.

" Not to get all Oprah on you, but if you treat yourself with respect, and if you set an example with your actions and your words, they will start seeing you as someone not to be messed with."

Can I still go out with the girls as much once I get hitched?

Kate says...
If you've pinpointed going out with your girlfriends as a possible problem, is it because it's a problem now? In that case you should come to an arrangement with your partner, because any problems you have now won't disappear in a sprinkling of pixie dust when you walk down the aisle. Or are you assuming it will become a problem once you're married? In that case you should take a look at your expectations for marriage. Throwing a wedding isn't going to change the way the two of you relate to each other.

Bret says...
I suspect that "the girls" aren't really girls, and that you're actually a guy who likes his hockey with many pitchers of macrobrew and many 60-inch plasma screens and many platters of wings and especially many other men. That's okay. You don't have to give that up. But you are a loser for fudging your gender in your question. Admit your love for man evenings!

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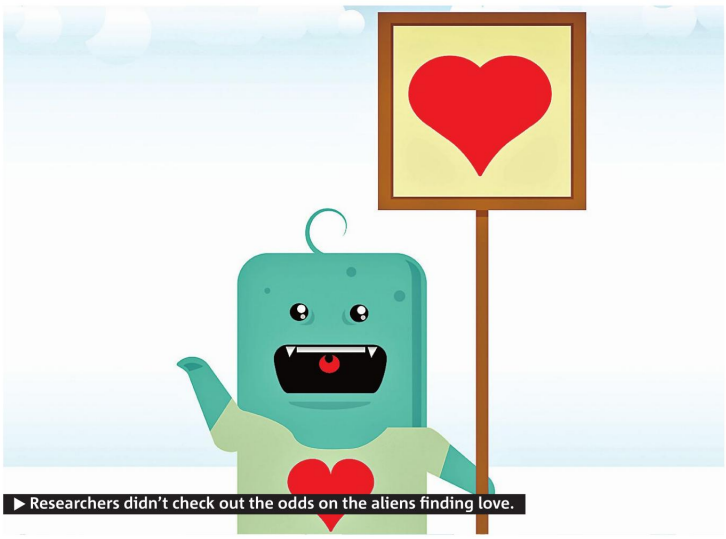

▶ Researchers didn't check out the odds on the aliens finding love.

Finding love in all the new places

It seems the chances of finding true love are about the same as meeting aliens But there's still hope

Love, while much celebrated, remains depressingly elusive. According to research by two scholars, finding it is only slightly easier than finding aliens.

According to the famous Drake equation from 1961, there's a 0.000003 per cent chance that extraterrestrials exist. Peter Backus, a PhD student at the University of Warwick in the U.K., used the same formula to calculate the chances of finding a girlfriend who is in his age range (24-34), has a university degree, lives in the U.K., is single and finds Backus attractive. Backus' depressing finding: There are 26 women in the entire United Kingdom who could conceivably become his girlfriends. That's a 0.0000034 per cent chance.

▶ Raymound Francis

Raymond Francis, a space researcher at the Royal Military College in Kingston, Ont., comes to a similar conclusion using Drake's formula, which takes the size of the population and divides the likelihood of extraterrestrial life by several factors. "But willingness to move increases your odds of finding love", he advises. "You may be willing to move to the other side of Canada, but you might not be willing to moving to another continent."

Fortunately, reality beats the equations' depressing odds.

"Since humans started looking for extraterrestrials 50 years ago, we haven't found any", notes Francis.

"But almost everyone here in Kingston has found a partner, because with enough time, the odds of an unlikely event improve. And despite occasional disappointment and resignation, people are remarkably persistent in their search for love."

METRO WORLD NEWS

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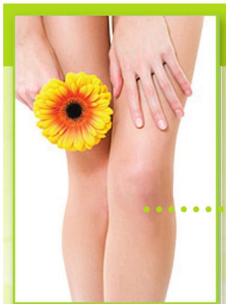

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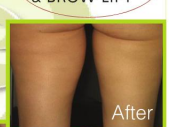

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▶ Susan Kleiner

FOOD/MOOD CONNECTION

Our diet doesn't only affect our weight but our mood and brain health. Nutritionist Susan Kleiner, author of the Good Mood Diet tells Metro how to control your mood through your food.

Is there such a thing as good and bad mood foods?
Of course. Different foods have different functions that have both long and sort terms effects on out body and mind. Some foods, like fish oil, are great because of their anti-inflammatory properties that promotes brain health. Eggs contain the compound coline that is responsible for every thought and movement in the body. In terms of bad mood foods, fried food and foods high in pro inflammatory fats such as sunflower oil and bean oil will mean the body heals more slowly and people feel more sluggish.

Do you think having rituals and habits to stick to helps?
Rituals and habits help people keep calm, as we know what's coming.

How important is serotonin for our mood?
Serotonin is the brains natural up-lifter, so is crucial in determining our mood. Dairy foods, especially milk, contain high levels of trypohan, which builds serotonin in the brain.

ROMINA MCGUINNESS

GETTY IMAGES

▶ You too can work it like Beyoncé.

Build a 'Fierce' body image

Wish you had the guts to get into a body-baring Lady Gaga outfit? Or rock Beyoncé's alter ego Sasha Fierce? Nutritionist Marisa Peer tells us that getting the body we want starts with listening to what that body is telling us — and that calls for self-confidence.

ROMINA McGUINNESS
METRO WORLD NEWS

Fries with that salad?

Most people struggle to refuse food in the company of others and saying no to poutine isn't as easy as it seems.

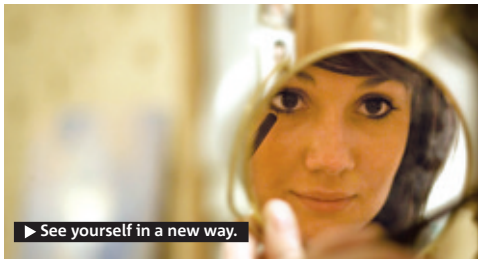
"Being fussy about food is often interpreted as arrogance. Humans connect by being the same and anything that makes you feel different makes you feel insecure. Ordering salad during a working lunch can make people feel uneasy because they aren't eating what everyone else is," explains nutritionist Marisa Peer, who also puts this lack of confidence down to our fear of being different.

"Look around you. Most people you see will have been on a diet — so why should you feel undermined by your decisions?"

You need confidence, both physical and mental, to change your eating habits.

"Losing weight and becoming more physically active will make you feel and look better. When you feel good and are happy with the way you look, you will automatically gain confidence.

FLICKRCC MICHAEL MELROSE



▶ See yourself in a new way.

From there it's about turning it into a way of life.

But you have to talk yourself thin: "In order to maintain this newfound confidence you must keep talking to yourself. Think of it as bio-feedback. Your body wants to look good so you make healthier choices but then you must train your mind to resist temptation. The mind responds to emotion, being automatically drawn towards pleasure and away from pain. If you're depressed, it'll send signals to make you reach for the nearest doughnut, associating this with childhood memories of comfort and pleasure."

Resisting the urge to reach for cake requires motivation and desire, whether this is the desire to feel good or fit into a pair of skinny jeans. Setting yourself realistic goals will make the desire to eat unhealthily go away.

"Ongoing communication with the mind and body is essential. Building up the confidence to listen to what your body — not your mind— wants is key. Once you achieve that point it's unlikely you'll reach for that chocolate anytime soon," promises Peer.

Analysis

CONFESSIONS OF A DIET JUNKIE

CONTRIBUTED

ANNA RICHARDSON

The author of the Body Blitz Diet talks to Metro about her life as a serial dieter.

"I'm an ordinary women. Overeating is always going to be attached to my emotions, its psychological. Addressing my issues changed how I felt about myself. I finally understood why I struggled with my emotions and why I overate. It's incredibly easy to be deluded by your reflection in the mirror.

When I was a size 14-16, I thought I looked great and in my head I was size 10-12. The hardest is overcoming the hurdles and facing reality. Weight issues and a negative body image are often linked to deep-seated emotional issues.

"It's incredibly easy be deluded by your reflection in the mirror. ... The hardest is overcoming the hurdles. "

Most people look for a quick fix, pain-free solution to lose weight. It's not that easy, there's more to it than a calorific sum. It's not what you eat, but what's eating you.

For years I tried to fill some gap, probably linked to my relationship with my father. Today, I no longer want to plug this gag and I've found a way of managing my emotions."

Liquid Assets

Give rosé a chance

Do real men drink pink? I say yes, and so do real women.

Problem is too many of you aren't getting the message. While rosés — those wines that get their blushy hue from either limited red skin contact with the juice or by combining red and white wines together — are the toast of the town in just about every other civilized nation; here in Canada they're about as popular as Lindsay Lohan at an Amish barn raising.

Now that summer has finally arrived wine shops across Canada will be trying to get you on the rosé bandwagon with a selection of new pinkies. Think hard about making the leap. Modern versions balance their fruit and acidity with the grace of a member of Cirque du Soleil and pair amazingly well with barbecue sauces and seasonal dishes when served ice cold.

While good rosé can be made anywhere, Australia, Chile, Argentina and southern France are great places from which to fill your glass. Same goes for Spain where wines like the bright and refreshing Chivite 2008 Gran Feudo Rosado ($11.95 - $14.99) can start out all ripe cherry and raspberry but end with a crisp, palate-cleansing finish.

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Dressing up mac and cheese

Canada's favourite cheesy indulgence gets an upgrade with chives, bacon and gruyere

Serves 6
Prep time: 20 min.
Cooking: 20 min.

CARLO MENDOZA

▶ Mac and Cheese with Chives and Bacon

Ingredients:

- 5 Tbsp unsalted butter, plus more for preparing pans
- 2 cups white bread, crusts removed and cut into 1/4-inch dice
- 1 1/2 cups grated sharp cheddar cheese
- 2 tsp kosher salt
- 1 Tbsp olive oil
- 1/3 cup diced thick cut bacon
- 1/3 cup finely diced onion
- 3 1/2 cup milk
- 1/4 cup all-purpose flour
- 1 cup grated gruyere cheese
- 2 Tbsp chopped chives
- 1/4 tsp freshly ground black pepper
- 1 pinch ground nutmeg
- 1 pinch ground cayenne pepper
- 1 lb short noodle pasta

Preparation:

1. Preheat oven to 400°F. Butter 8 (1-cup) ramekins and place on a rimmed baking sheet and set aside.
2. Microwave 2 tablespoons of butter on high until melted, about 30 seconds. Add bread to melted butter and toss to combine. Add 1/4 cup cheddar cheese and 1/4 teaspoon salt, toss again and set aside.
3. Set a large saucepan over medium heat and add oil. Add bacon or pancetta and onions and cook until onions are translucent, about 4 minutes. Drain excess oil, add milk and bring to a boil. Remove from heat and set aside.
4. In a second saucepan set over medium heat, melt remaining butter. Whisk in the flour and cook for 1 minute, stirring constantly to prevent scorching. Gradually whisk in reserved milk mixture until smooth and cook, continuing to stir until mixture bubbles and thickens, about 3 minutes. Remove from heat, stir in remaining cheeses, chives and spices.
5. Cook pasta to barely al dente, as directed on package. Drain pasta thoroughly, return to pot and stir in reserved cheese sauce. Divide mixture among prepared ramekins. Top with reserved bread mixture and bake until cheese sauce is bubbling and top is golden brown, about 15. Let rest 5 minutes before serving.

Recipe tips

- **Serve this recipe with Pesto Toast.** This recipe can also be made in a large casserole dish instead of individual ramekins.

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Money mysteries solved

We need our information quick and fast but sometimes in the rush to get our daily dose, the details get lost in the ether Here are some 'common knowledge' myths we see everyday:

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

The problem with using conventional wisdom to make business, investment or personal financial decisions, is that it's frequently misleading. We're attracted to simplistic axioms because, these days, who doesn't want things wrapped up into nice, bite-sized info bundles?

But before you chow down, take a good look. Here are three "common knowledge" nuggets we hear a lot.

1 Taxes are lower in the U.S than in Canada.

Doesn't matter what your political stripe, most of us believe this implicitly. On May 13 KPMG, the giant international accounting firm and hardly a bastion of leftism, issued a report ranking the corporate tax competitiveness of numerous countries. Canada came in second and the U.S. sixth with corporations there paying 36.1 per cent more than in our supposedly high-tax country.

2 Young people don't read books like they used to. I raised this over lunch with Kevin Hanson, president of Simon & Schuster Canada and Alison Clarke, director of sales operations. They took turns pummeling me with sales figures showing that young people are reading more and buying more books than ever.

Myths

Investment industry "truths" ... that aren't necessarily true.

- Buy and Hold is the smartest approach for the average investor.
- If you're young, you can afford to take risks.
- You'll never be able to retire if you don't have money in the stock market.

3 Newspapers are dead. This is like the widespread assumption held during the tech boom that the Internet would soon be the death of bricks and mortar businesses like banks and retail stores. They'll all be gone, the belief went, cyber shopping and internet banking would rule. Didn't happen.

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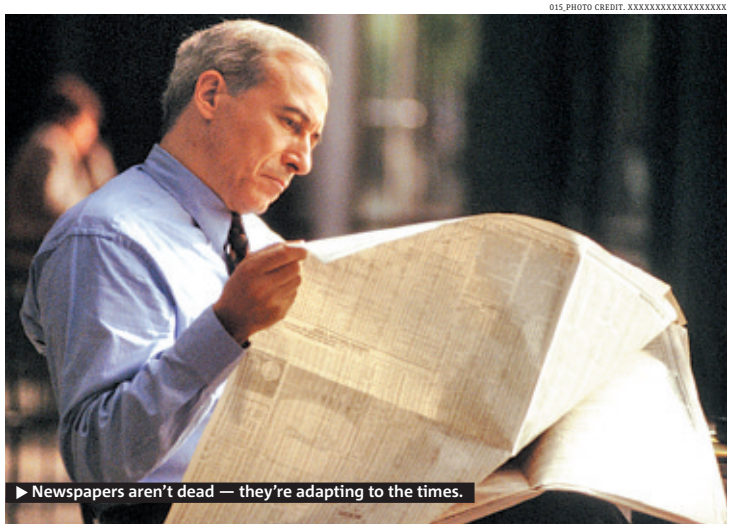

▶ Newspapers aren't dead — they're adapting to the times.

"Take a hard look at 'common knowledge', 'rules of thumb' and 'conventional wisdom' because they're often flat out wrong."

About a month ago Paul Godfrey, a smart businessman, led a consortium which plunked down upwards of a billion dollars for the newspaper assets of CanWest Global Communications Corp.

Are newspapers dead? Or are they, like banks and stores, going to adapt to the times? Next week I'll bash some conventional wisdom about saving and investing.

Alison Griffiths' show Maxed Out appears Wednesday at 10:30 p.m. You can find out more at: alisongriffiths.ca

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IS FINANCIAL FREEDOM IN YOUR FUTURE?

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

In the age of consumption it almost seems blasphemous to not want to spend. That's why we've found ways you can be frugal while still having some fun.

I furnished my entire house for less than $3,500; and it's been featured in Canadian home buying articles for its classiness and style. Rather than spending a small fortune on brand new furniture, I hit up eBay, Craigslist, auctions, garage, estate and going-out-of-business sales. I scored my dining-room table for $50, TV stand for $8, stove for $60, bedroom set for $600 and gorgeous couches for $500. Most items were unused and still in their original wrapping.

You can still be frugal without haggling store clerks or sacrificing your image.

I have nice outfits, a spacious house, a cool car, and I take a sweet vacation each year.

But, I never pay full price for anything.

Savvy spending saves me time and money because I know when, where and how to shop.

The best time to shop is when there are sales; so sign up for email notifications and watch for red or yellow clearance signs.

Last minute travel deals, for example, are advertised on websites and by spam email.

If what you want isn't marked down, ask for a discount — yes, this actually works, especially when you're paying in cash.

"Being an overzealous, debt-ridden shopaholic is unhealthy and won't help you achieve financial independence"

The best places to shop are those where you can buy on-sale high quality goods.

Many reputable auction houses, for example, offer superior products at bargain prices like cars, furniture and art.

Using discretion, avoid products that have a reputation for shoddy workmanship; they'll break and likely cost you more in the long run.

The best way to shop is to first determine whether you actually need the product or just want it.

If you don't need it, don't buy it; no matter how good the sale is.

Being an overzealous, debt-ridden shopaholic is unhealthy and won't help you achieve financial independence.

A good deal you can't afford is never a good deal.

But, if you're primed for a purchase, try paring down (choose the iPod Shuffle vs. the Nano) or buy "used" through reputable online websites.

For regular household items, buy in bulk or shop in stores with concrete floors. Last, sign up for loyalty programs so you can collect points — everyone loves freebies!

The more you save, the bigger your net worth grows, getting you closer to financial freedom — and that's a future you really want to afford.

Lesley Scorgie is the bestselling author of Rich by Thirty: A Young Adult's Guide To Financial Success and Rich by Forty.

Interest rates/ Savings accounts

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CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Be wary of gift cards

Gift cards are a convenient, affordable way to give gifts to friends and family yet they can have certain limitations that may not always be obvious at the point of sale.

Ask the salesperson if the card has an expiry date or any other limitations such as only being applicable to regularly priced items. Rules about gift cards vary; you can check the policy in your area by visting ConsumerInformation.ca.

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Landing that dream job — and keeping it

Collen Clarke offers up the keys to unlocking your career

ISTOCK PHOTO

▶ Confidence is key when you're searching for a job.

DENISE BARNARD
WORK@METRONEWS.CA

In today's competitive job market, a little career savvy goes a long way.

To help you stay on top of your game, we talked to veteran career specialist and corporate trainer Colleen Clarke.

She's also author of a compilation of articles in the new e-book, How to Get a Job and Keep It ($15; colleenclarke.com).

Here are her top tips for getting and keeping the job.

• Be ready mentally and physically. "You need to have a feeling of confidence and hope, and look like the pro you are," says Clarke.

• Have an impeccable resumé, and create an organized system for tracking cover letters, phone calls, follow-ups and contacts.

• Set daily goals. Maintain a work-life balance with a five-hour daily job search.

• Network. That means more than just e-meet 'n' greets. Get out there and volunteer, too.

"You need to have a feeling of confidence and hope, and look like the pro you are."
COLLEEN CLARKE

Keeping your job

- **Watch and observe** what happens in your company for the first six weeks after you're hired. Find out about people previously in your position.
- **Give** more than you get. "Come in 10 minutes early and offer to help your colleagues," says Clarke.
- **Find** a mentor who can answer your questions and act as an orientation guru.
- **Practise** good communication. That involves listening, working well with others, and building trust.

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By Dave Mather and Lisa Pires – Dale Carnegie Business Group
In today's fast-moving, globally competitive environment, most organizations are not willing to wait for people to advance their skills - they expect it.
To replace self-defeating habits with self-reinforcing ones, use the following approach...
• IDENTIFY THE NEW HABIT. Carefully examine your assumptions to see if any of them are holding you back. The more you know about what you do, when you do it, and why you do it, the easier it is to identify self-defeating habits.
• DEFINE AND VISUALIZE THE NEW BEHAVIOUR. Gather the information you need to visualize yourself in the new role. Coach's Corner recently featured a fascinating video of an NHL player practicing by visualizing and making shots in his mind. Don Cherry then showed a video of the player scoring a goal. Pros focus and stay focused on their desired outcome. This requires both mental and physical practice.
• FIRMLY PRACTICE NEW BEHAVIOURS. Put reminder signs in your office or on your computer. Say, "I choose …" instead of "I plan to be…" or "I intend…"
• DON'T DEVIATE FROM YOUR DESIRED BEHAVIOUR. Many people do the right things some of the time. Some do the right things most of the time. Only a few do the right things all of the time. Part-time application does not entrench new habits. Avoid rationalizing by saying; "Just this one time won't matter." Each deviation matters. Every time you deviate from your goal, you begin the process over again. Think carefully about choosing supporters. What will you ask them to do? Building a strong support team around you accelerates your progress.
Remember – focus on a few things at a time.
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Three job tips for recent graduates

School's out and you've been thrown into the working world Now is the time to take control of your life

ISTOCK PHOTO

Attitude's everything for the recent grad a new job.

Reputation
Your reputation is everything in the workplace, and reputations are often made or broken in the first six months of a job. During this time, you can demonstrate your ability to learn, to apply yourself, and to work hard and do what it takes. If you establish a good reputation, you will likely benefit from the "halo effect"— the assumption that you are doing a good job. You won't have to prove yourself over and over.

Highest quality
Do your best at any task you are assigned, no matter how small — it will lead to bigger responsibilities. And then do more than is asked of you. Your boss will notice.

Attitude and approach
Keep a good attitude. Attend work parties, but be on your best behaviour. Be careful about what you tell others while mingling in the crowd.

METRO WORLD NEWS

Ask around

Ask questions Suddenly, you are in a totally new situation. You don't have experience to draw on, it's all new and you are low person on the totem pole. Don't worry; you are not expected to know everything. This is your opportunity to learn. Cultivate relationships and most importantly, when other people try to help you, don't resist.

Dress for the job you want Make an investment in your clothes. The rule of thumb is to dress as if you were already in the position you want to be in someday. Even if your office allows casual dress, you'll have a more professional attitude, and it will be one more thing that will make you management worthy in the eyes of others.

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4 sports

Sports in brief

1 Justin Morneau leads all-star vote for first base.

2 Cubs pitcher Carlos Zambrano will be placed on the restricted list.

3 Cincinnati Bengals receiver Chris Henry suffered from a chronic brain injury, research said. THE ASSOCIATED PRESS

Scan for code for sports news

Brazil soars over Chile

Three different players score for Brazil as Chile becomes South America's first casualty Win sets up a date with the Dutch in the quarters

MICHAEL STEELE/GETTY IMAGES

Luis Fabiano of Brazil jumps over Claudio Bravo of Chile to score.

BRAZIL	CHILE
3	0

Goal Scorers: Brazil: Juan (34th), Luis Fabiano (38th), Robinho (59th)
Shots: Brazil: 17; Chile: 15
Shots on Goal: Brazil: 6; Chile: 2
Attendance: 54,096

Juan, Luis Fabiano and Robinho scored as Brazil moved closer to a sixth World Cup title, beating South American rival Chile 3-0 yesterday to reach the quarter-finals.

Juan gave his team the lead in the 35th minute with a firm header from a corner, sending the ball into the upper left corner and past the outstretched arms of Chile goalkeeper Claudio Bravo.

Luis Fabiano added to the lead from a fast breakaway in the 38th, receiving a one-touch pass from Kaka and dribbling past Bravo inside the area before scoring into an open net. Robinho started the play with a run on the left side before finding Kaka at the edge of the area.

Robinho then scored his first goal of the tournament with a shot from the edge of the area in the 59th, receiving a pass from Ramires and shooting inside the far post.

It was Robinho's seventh goal in Brazil's last six matches against the Chileans.

Brazil will next face the Netherlands, which beat Slovakia 2-1.

Chile became the first of the five South American teams to be eliminated from the World Cup. Argentina, Paraguay and Uruguay are still in the tournament along with Brazil.

"We leave the tournament knowing that we gave everything on the pitch," Bravo said. "We are a very fragile team at times. We attack very well, but we have to know when to defend."

Brazil has now reached the quarter-finals of the World Cup every time since 1990.

THE ASSOCIATED PRESS

Netherlands doubles Slovakia

23
The Dutch extended their team-record unbeaten streak to 23 games with help from goalkeeper Maarten Stekelenburg, who made two key saves in the 67th.

LAURENCE GRIFFITHS/GETTY IMAGES

Arjen Robben celebrates.

Arjen Robben and Wesley Sneijder scored yesterday to give the Netherlands a 2-1 win over Slovakia and a spot in the World Cup quarter-finals.

The Dutch went ahead in the 18th minute, when Robben cut inside from the right flank and scored from 20 yards. Sneijder added a second goal into an empty net in the 84th.

Netherlands goalkeeper Maarten Stekelenburg preserved the win with two key saves in the 67th, and the Dutch extended their team-record unbeaten streak to 23 games.

Robert Vittek pulled one back for Slovakia from the penalty spot in injury time.

THE CANADIAN PRESS

Portugal promises to attack

PORTUGAL SPAIN

Time: 2:15 p.m. ET
Channel: CBC

Portugal's coach promised attacking soccer ahead of his team's round of 16 match against Spain today, predicting the first-ever meeting between the neighbouring countries in a World Cup would be one of the highlights of the tournament.

A confident Carlos Queiroz said Portugal was ready to "take some risks" after 0-0 draws in the first round against Ivory Coast and Brazil. Spain is the reigning European champion and a World Cup favourite, but has been frustrated by packed defences in South Africa.

Midfield playmaker Deco could return for Portugal after missing two matches with a right hip injury, but Danny and Duda are unlikely to play after picking up injuries against Brazil. Spain, meanwhile, is monitoring Xabi Alonso, who returned to training yesterday from a right-ankle sprain.

THE ASSOCIATED PRESS

KEVIN C. COX/GETTY IMAGES

Chris Bosh may leave

Raps GM: Bosh likely to leave

Chris Bosh's departure from the Toronto Raptors sounds like a done deal.

General manager Bryan Colangelo told Toronto all-sports radio station the FAN 590 yesterday that he expects the all-star forward to leave as a free agent.

Making his strongest statements yet on the subject, Colangelo added that he was hopeful Bosh would help the Raptors get something in return.

THE CANADIAN PRESS

Boatmen to set sail on season of change

Barker set to embark on second tour of duty as Toronto Argonauts head coach Coach says he has high expectations for QB Cleo Lemon

He's been entrusted with rebuilding a Toronto Argonauts franchise that's coming off a league-worst 3-15 record and has missed the CFL playoffs the last two years.

But in new head coach Jim Barker's mind, his job is more than just shoring up the club's talent base. It also involves changing the team's psyche and the culture in the dressing room.

"Any time you lose certain things set in," Barker said. "There's a certain mentality and focus you have to be able to carry through a practice.

"There have been practices where we've had great focus for 98 per cent and the last two per cent wasn't, and you don't win games that way. When you lose a lot of games it's hard to maintain that focus and I think a lot of these players did that. Things they did in the past they can't do now or they won't be here."

This marks Barker's second stint as Argos head coach. He posted a 9-9 record in 1999, guiding the club to the playoffs before losing 27-6 to Hamilton in the East Division semifinals.

Former NFL player Cleo Lemon — in his first year playing Canadian football — is the club's starting quarterback with Ken Dorsey (another CFL rookie) and former Saskatchewan backup Dalton Bell coming off the bench. Lemon admits he spent most of training camp adjusting to the nuances of Canadian football but feels ready to tackle the regular season head on.

"I expect to see improvement from Cleo Lemon every time he steps on the field."
JIM BARKER ON HIS QB

"It's one of those things where I've started in a new league and had to develop the skill sets I need," Lemon said. "The pre-season games were kind of slow for me but I think in practice I've picked it up and am learning the system and everyone is on the same page and feeling good about it."

Barker, for one, has high expectations of Lemon.

"I expect to see improvement from Cleo Lemon every time he steps on the field," Barker said.

"That's part of what this whole maturation process is."

Barker's most pressing need is shoring up an offence that was last in the CFL last year in scoring (18.2 points per game), total yards (282.6 per game), sacks allowed (55) and rushing (82.5 yards per game) and second-last in passing (229.3 yards per game).

THE CANADIAN PRESS

RICK MADONIK/TORONTO STAR

▶ Wide receiver Reggie McNeal keeps his eyes on the ball during the Toronto Argonauts workout yesterday in Mississauga.

Wimbledon in pictures

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4. HAMISH BLAIR/GETTY IMAGES
5. HAMISH BLAIR/GETTY IMAGES

1 Andy Roddick was stunned in the fourth round at Wimbledon by 82nd-ranked Yen-hsun Lu of Taiwan.

2 Serena Williams overcame Maria Sharapova to reach the quarters and avenge her loss to the Russian in the 2004 final.

3 Roger Federer swept past 16th-seeded Jurgen Melzer 6-3, 6-2, 6-3 to reach his 25th consecutive Grand Slam quarter-final.

4 Kim Clijsters rallied to beat Justine Henin 2-6, 6-2, 6-3 in an all-Belgian duel between former No. 1-ranked players.

5 Rafael Nadal beat Paul-Henri Mathieu in three sets and showed no sign of the right knee trouble that bothered him previously.

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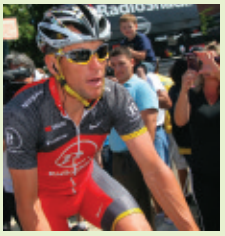
Sports in brief



Last Tour for Armstrong?

CYCLING. Lance Armstrong posted on his Twitter page this year's Tour de France will be his last. "It's been a great ride. Looking forward to 3 great weeks," Armstrong tweeted yesterday.
THE ASSOCIATED PRESS

Vick part of shooting probe

NFL. Michael Vick was interviewed by a detective yesterday about a shooting that took place outside a nightclub where he had celebrated his birthday, a Virginia Beach Police spokesman said.

The spokesman, Adam Bernstein, said the Philadelphia Eagles quarterback is not a suspect, and no arrest has been made in Friday's early morning shooting. One man was wounded.
THE ASSOCIATED PRESS

Capriati suffers OD

TENNIS. Former tennis star Jennifer Capriati was recovering yesterday from an accidental overdose of prescribed medication, a family spokeswoman said.

The 34-year-old Capriati was in stable condition and expected to make a full recovery.
THE ASSOCIATED PRESS

Westbrook has Blue Jays' number

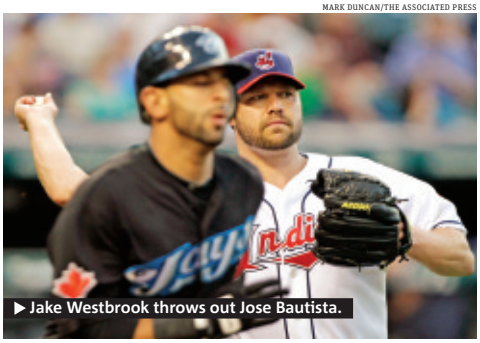
- Cleveland pitcher allows six hits over six innings
- Suicide squeeze bunt drives in winning run

Jake Westbrook pitched six solid innings and Jayson Nix's suicide squeeze bunt in the sixth scored the go-ahead run, leading the Cleveland Indians to a 2-1 victory over the Toronto Blue Jays last night.

The Indians, who broke a seven-game losing streak Sunday, won consecutive games for the first time since winning four straight June 9-12. The Blue Jays have lost six of eight.

Westbrook (5-4), who allowed a run in the first inning, was pulled after Lyle Overbay led off the seventh with a single. Westbrook gave up six hits, struck out four and walked one.

MARK DUNCAN/THE ASSOCIATED PRESS



▶ Jake Westbrook throws out Jose Bautista.

Ricky Romero (6-4) allowed two runs and seven hits in seven innings. The Jays left-hander is 2-2 with a 1.88 earned-run average in his last six starts.
THE ASSOCIATED PRESS

1	2
BLUE JAYS	INDIANS

JAYS BOX SCORE

	AB	R	H	BI	BB	SO	AVG.
F.LEWIS LF	3	0	0	0	1	0	.288
ALE.GONZALEZ SS	4	1	1	0	0	2	.263
J.BAUTISTA RF	4	0	2	1	0	1	.234
V.WELLS CF	4	0	2	0	0	0	.288
LIND DH	4	0	1	0	0	1	.204
A.HILL 2B	4	0	0	0	0	0	.189
OVERBAY 1B	4	0	2	0	0	0	.234
1-N.GREEN PR	0	0	0	0	0	0	.000
J.BUCK C	4	0	0	0	0	3	.265
HOFFPAUIR 3B	3	0	0	0	0	1	.174
TOTALS	**34**	**1**	**8**	**1**	**1**	**8**	

Scoreboard

MAJOR LEAGUE BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	47	28	.627	-
BOSTON	46	31	.597	2
TAMPA BAY	44	31	.587	3
TORONTO	40	37	.519	8
BALTIMORE	23	52	.307	24

AL CENTRAL

	W	L	Pct	GB
MINNESOTA	41	34	.547	-
DETROIT	40	34	.541	0.5
CHICAGO	39	36	.520	2
KANSAS CITY	33	44	.429	9
CLEVELAND	28	47	.373	13

AL WEST

	W	L	Pct	GB
TEXAS	46	29	.613	-
LOS ANGELES	43	35	.551	4.5
OAKLAND	37	40	.481	10
SEATTLE	31	44	.413	15

YESTERDAY'S RESULTS

Cleveland 2 Toronto 1
Kansas City 3 Chicago White Sox 1
Detroit at Minnesota

TODAY'S GAMES

Oakland at Baltimore, 7:05 p.m.
Seattle at N.Y. Yankees, 7:05 p.m.
Toronto at Cleveland, 7:05 p.m.
Tampa Bay at Boston, 7:10 p.m.
Chicago White Sox at Kansas City, 8:10 p.m.
Detroit at Minnesota, 8:10 p.m.
Texas at L.A. Angels, 10:05 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	45	32	.584	-
NEW YORK	43	33	.566	1.5
PHILADELPHIA	40	34	.541	3.5
FLORIDA	36	40	.474	8.5
WASHINGTON	33	44	.429	12

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	43	34	.558	-
ST. LOUIS	41	34	.547	1
MILWAUKEE	34	41	.453	8
CHICAGO	33	42	.440	9
HOUSTON	29	47	.382	13.5
PITTSBURGH	25	50	.333	17

NL WEST

	W	L	Pct	GB
SAN DIEGO	45	30	.600	-
SAN FRANCISCO	40	34	.541	4.5
LOS ANGELES	40	35	.533	5
COLORADO	39	36	.520	6
ARIZONA	30	46	.395	15.5

YESTERDAY'S RESULTS

Atlanta 5 Washington 0
Cincinnati 7 Philadelphia 3
Florida 10 N.Y. Mets 3
Pittsburgh at Chicago Cubs
Houston at Milwaukee
Arizona at St. Louis
Colorado at San Diego
L.A. Dodgers at San Francisco

TODAY'S GAMES

N.Y. Mets vs. Florida at San Juan, 7:05 p.m.
Philadelphia at Cincinnati, 7:10 p.m.
Washington at Atlanta, 7:10 p.m.
Pittsburgh at Chicago Cubs, 8:05 p.m.
Houston at Milwaukee, 8:10 p.m.
Arizona at St. Louis, 8:15 p.m.
Colorado at San Diego, 10:05 p.m.
L.A. Dodgers at San Francisco, 10:15 p.m.

WORLD CUP

YESTERDAY'S GAMES

Netherlands 2 Slovakia 1
Brazil 3 Chile 0

TODAY'S GAMES

Paraguay vs. Japan, 10 a.m.
Spain vs. Portugal, 2:30 p.m.

CFL

THURSDAY'S GAMES

Montreal at Saskatchewan, 7 p.m.
Toronto at Calgary, 10 p.m.

FRIDAY'S GAME

Hamilton at Winnipeg, 8 p.m.

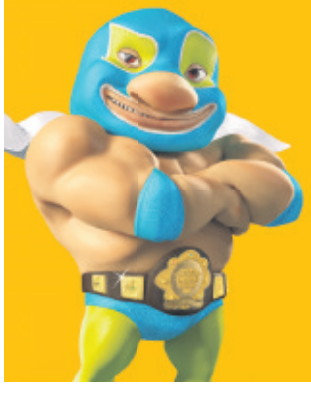
TRANSACTIONS

NHL

BOSTON BRUINS-Signed F Mark Recchi to a one-year contract extension.
MONTREAL CANADIENS-Signed F Benoit Pouliot to a one-year contract.
NASHVILLE PREDATORS-Signed F Andreas Thuresson to a one-year contract.
PHOENIX COYOTES-Re-signed LW Wojtek Wolski to a two-year contract. Acquired a 2012 fourth round draft pick from Colorado for LW Daniel Winnik.

NBA

NETS-Waived G Keyon Dooling.
76ERS -Named Joseph Ondrejko vice president of ticket sales.



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you'll want to talk about on your next night IN

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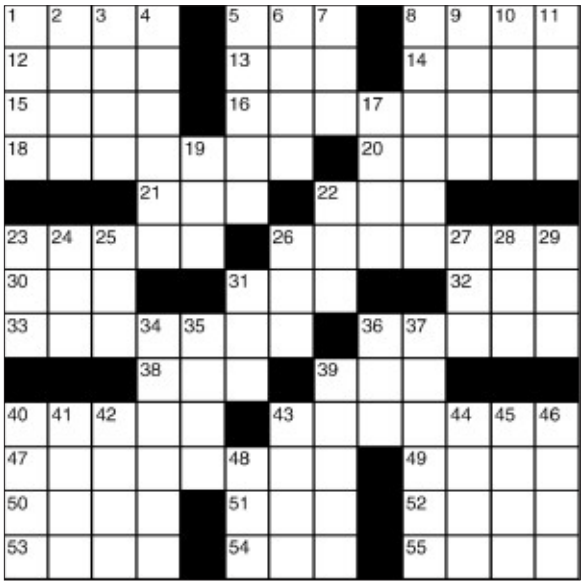
Crossword



Across
1 Open slightly
5 Knock
8 Speedy steed
12 Equine crossbreed
13 Ram's mate
14 Zilch
15 Use 18-Across
16 Prefixed explanation
18 Windows feature
20 Red Sea land
21 Science workshop
22 Meadow
23 Refine
26 Hasp fastener
30 Feedbag tidbit
31 Curse
32 Weeding tool
33 Tetanus
36 Askew
38 Promptly
39 Larry and Curly's pal
40 Foolish folks
43 Mandible
47 Nitwit
49 Vicinity
50 Carrier to Tel Aviv
51 Eggs
52 Afternoon affairs
53 Journals
54 "Platoon" site
55 Catch sight of

Down
1 "So be it"
2 Martial art
3 Settled down
4 Narrate anew
5 Habit-kicking program, for short
6 Dumbfounded
7 Shell game need
8 Temper, as metal
9 Leeway
10 Initial stake
11 Existed
17 Changed the color
19 Butter serving
22 Remiss
23 Scale member
24 Long March leader
25 And so on (Abbr.)
26 "Wham!"
27 Discoverer's cry
28 Swindle
29 Frat party container
31 Manhandle
34 Prepares to pray
35 Tease
36 "Holy moley!"
37 Money-back deal
39 Sir's counterpart
40 First victim
41 One's performance
42 Unforeseen woe
43 Morning beverage, slangily
44 Raw rocks
45 Tide variety
46 Simple
48 Very long time

▶ Yesterday's answer

Sudoku

8		7	3		9	1		6
		6				8		
	4						3	
		5	8		4	2		
3								1
		2	9		6	7		
	8						2	
		4				9		
5		1	7		2	3		4

How to play

Fill in the grid, so that every row, every column and every 3x3 boxcintains the digits 1-9. There is no math involved.You solve the puzze with reasoning and logic.

Yesterday's answer ▶

7	1	2	4	5	6	3	9	8
6	4	8	9	1	3	2	7	5
3	9	5	7	8	2	4	1	6
9	2	3	1	6	4	5	8	7
1	5	4	8	9	7	6	2	3
8	7	6	3	2	5	9	4	1
4	8	1	6	3	9	7	5	2
2	3	9	5	7	1	8	6	4
5	6	7	2	4	8	1	3	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Thanks to everyone for the birthday wishes. It's so nice that everyone took a moment to think of me yesterday
HAILBAIL

Francesco this Metro Kiss is just for you.
LAI XO...

Adam and Sophia: Summer is here, we are going to have so much fun! Love you both very much
MOMMA XOXOX

I love you Ahamad!
L XO...

You're an amazing Mom. Good luck on Wednesday.
LOVE, CHRISTINE

How did I get so lucky?
XO MARIA

Dear Brut, Congrats on the new ta-tas
WONDER WOMAN

The Weather Network ©The Weather Network 2010

Today	Wednesday	Thursday
Partly cloudy 19° / 11°	Partly cloudy 19° / 12°	Mainly sunny 21° / 13°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aires March 21-April 20 If you need to make changes on the home front then now is the time. In fact, if you don't make changes soon something will force you to change.

♉ Taurus April 23-May 21 Your awareness of how quickly time passes and how much needs to be done will motivate you to cram as much as you can into the next 24 hours. But don't overdo it.

♊ Gemini May 22-June 21 | What you achieved yesterday and the day before may have been good but it is what you achieve today and tomorrow and the day after that which matters. Set your sights high and get cracking.

♋ Cancer June 22-July 22 Whatever you want most out of life you will find a way to get over the next few weeks, and you won't let anything stand in your way.

♌ Leo July 23-Aug.23 For your own peace of mind you need to carve out some time when you can be on your own.

♍ Virgo Aug. 24- Sept. 22 You will meet someone today who has remarkable ideas, the kind of ideas that can inspire you to accomplish great things.

♎ Libra Sept. 23-Oct. 23 Play by the rules and resist the urge to cut corners, even if you are certain that you won't be caught. It's not those in authority you most need to worry about but the bad feeling you will get from your own conscience.

♏ Scorpio Oct. 24-Nov. 22 Throw caution to the wind and do whatever it takes to make your mark on the world. Aim to be first in everything and before the Sun dips below the horizon your name will be on everyone's lips – hopefully for the right reasons.

♐ Sagittarius Nov. 23-Dec. 21 If you have made any promises in recent weeks then you will be expected to deliver on them today, no matter how difficult that might be.

♑ Capricorn Dec. 22-Jan. 20 Like it or not other people will have the last say as to where you can go and what you can do over the next 24 hours. That might not sound appealing but you will just have to put up with it – for now.

♒ Aquarius Jan. 21-Feb. 18 Cosmic events in the work and well-being area of your chart urges you to make detailed plans before embarking on anything new. Make sure you research all the pros and cons before starting a new fitness regime.

♓ Pisces Feb. 19-March 20 You will find yourself in a position of power today, and that's nice, but the extra responsibility will also bring a certain amount of stress. Do you think you can handle it? If not, that's okay.

SALLY BROMPTON

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

Caption contest

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